

Champlain Valley Union High School
Application for Physical Education Credit in Lieu of Life/Team Sports (LTS)
CVU Sponsored Activity

Student Name: _____ **Sport:** _____ **YOG:** _____ **Advisor:** _____

A. Process:

The student must initiate this option **before the established deadlines** outlined in Section “C” below. Up to .5 Physical Education credit may be earned, in lieu of Life/Team Sports (LTS) only. The specific amount of credit earned is identified in Section “E” below. **A student must have successfully completed Personal Fitness before this process can be used.** In order to receive credit, a student must complete, with all appropriate signatures, and turn in to the Administrator of the Wellness Department (Dan Shepardson):

- 1) This application
- 2) The “end of the season” reflection

The student must “successfully complete” the season i.e. be on the final roster (coach’s decision) at season’s end to be considered for credit. Any student removed from the team for any reason will be ineligible for receiving PE credit. Lastly, seniors may only use this process for a “fall” sport.

B. Goal Development:

Each application must include three to five (3-5) goals the student has developed for the up-coming season. The goals can be individual, sport-specific goals or more general team-related or personal goals. Goals should be written in the “SMART” goal format you learned in Personal Fitness (**S**pecific, **M**easurable, **A**ttainable, **R**ewarding, **T**imeline). Consideration should be given to the concepts of enduring understanding that the Life/Team Sports curriculum looks to address, specifically: Respect, Personal Responsibility, Relationships, and Fitness.

C. Deadlines:

Application with Goals:

- a. Fall Season: September 15th
- b. Winter Season: December 15th
- c. Spring Season: April 15th

End of Season Reflection Due on or before:

- a. End of 1st Semester
- b. End of 3rd Quarter
- c. End of 2nd Semester

D. Assessment Guidelines:

CVU ESL 2.0 Writing: A CVU graduate writes using standard English for a variety of purposes and audiences.

CVU ESL 7.0 Goal Setting: A CVU graduate sets goals and assesses his/her own learning in order to become an independent learner.

CVU ESL 11.0 Healthy Choices: A CVU graduate makes informed, healthy choices that positively affect the health, safety, and well being of self and others.

A typed one to two (1-2) page reflection or assessment of how each goal was achieved, or level of achievement, must be submitted to the Administrator in charge of the Wellness Department (Dan Shepardson) by the deadline identified in Section “C” above. Credit **will not** be awarded if the semester ends and the reflection/assessment has not been completed and submitted.

E. Amount of Credit Earned:

<u>Activity</u>	<u>Season</u>	<u>Amount of Credit Given</u>
1) Varsity	All	.50
2) JV “A”	All	.50
3) JV “B”	Winter	.50
4) JV “B”	Fall or Spring	.25
5) Club/Other	All	TBD

Student Signature & Date

Parent Signature & Date

Coach Signature & Date
Revised 7/21/14