

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

This is an application for a CVU student to receive Physical Education credit in an activity that is not sponsored by CVU. There is no guarantee of receiving credit upon submission of the completed application. . **Students must have successfully completed Personal Fitness before this process can be used. Prior to beginning your hours, submit and receive approval of your three to five (3-5) SMART goals. Hours cannot be counted until goals are submitted and approved.** Once your hours are complete (details below), submit completed paperwork with appropriate documentation to Dan Shepardson, Upper House Director. **Students must complete this process by the end of first semester senior year.**

Student Name: _____ Grade: _____ YOG: _____ Advisor: _____

Instructor(s): Name: _____
Phone: _____
Email: _____

List instructor's certification(s): Note – Instructors must be certified.

Sponsoring Organization: _____

Describe Course/Activity:

Important: Attendance must be verified. Ninety (90) hours required in order to earn .5 credit for PE.

- Attach a copy of all dates and times (a log) that you were engaged in this activity – with your instructor in attendance. Instructor signature verifying attendance is required.
- Attach copies of any certification(s) the student received as a result of this activity, if relevant.

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.

Explain in a one to two (1-2) page essay what significant learning took place during this activity.

Thoughtfully address the following:

- Your goals;
- Your progress toward achieving the goals;
- Obstacles to achievement of the goals and your method(s) of dealing with those obstacles;
- Enduring understanding that you will take with you as a result of this activity i.e. how will this help you in your future life?