

Credit Flex Proposal for Physical Education

Credit Flex is designed for the student who is very busy with many activities throughout the year and is an opportunity to earn this credit in a self-directed way. The following guidelines must be taken into consideration:

The student must participate in at least **5 different sporting** activities with an activities log for each activity. These activities may not be required practices or activities required by a coach of a school sanctioned sport.

A total of **60 hours of activities** must be documented by someone in charge of the activity other than a parent. This could be a coach of a summer league, the instructor of a class from YMCA, or a score card and receipt can also be used for activities such as canoeing, golfing, or bowling.

A **proposal** must be written out, to include the activities and how the activity will be documented and an estimate of how many hours of participation in the activity. The proposal needs to be turned in to Mr. Minnig no later than **May 15th**, if the student plans to participate in this program over the summer.

The activity log, receipts, score cards, and possibly even photographs from the activities then need to be **organized and documented in a notebook**. This notebook should then be turned into Mr. Minnig when it is complete.

SEE REVERSE SIDE FOR AN EXAMPLE OF A PROPOSAL