

Credit Flexibility for Physical Education Requirements:

Credit Flexibility for Physical Education applies to all students starting with the class of 2014 (students who are freshman in the year 2010-2011) AND/OR any student who is currently in the high school but who has NOT started the Physical Education Option. Students who have begun the Physical Education Option are “grandfathered” in and can complete their Physical Education requirements through the Physical Education Option.

Candidates applying for Physical Education Credit Flexibility will be expected to complete the Credit Flexibility Form (found on line or in the guidance office) and complete parts 1, 2 and 3 below before receiving physical education credit flexibility credit. **Interscholastic athletes are exempt from Part Three.**

PART ONE-Students must complete the written exam portion of the requirement and score no lower than 60% out of 100%. This exam is based on the Physical Education Academic Content Standards. A study guide will be available near the end of the semester.

PART TWO- Students must complete the fitness portion of the requirement. The scores are as follows. For more information, go to http://www.presidentschallenge.org/educators/program_details/physical_fitness/events.aspx for descriptions of each of the activities below.

MILE RUN

	A	B	C	D
BOYS	6:20	6:50	7:30	8:06
GIRLS	8:08	8:13	9:58	10:23

SIT UPS

BOYS	57	53	45	42
GIRLS	48	46	37	35

SHUTTLE

BOYS	9.0	9.5	9.7	10.2
GIRLS	10.0	10.2	11.0	11.2

SIT & REACH

BOYS	37	33	30	26
GIRLS	43	38	36	31

PULL UPS

BOYS	11	7	6	3
GIRLS	3	2	1	10 SEC. HANG

ALL OF THE ABOVE STANDARDS ARE BASED ON THE
PRESIDENT’S CHALLENGE FITNESS TEST.

PART THREE- Write a position paper explaining how you incorporated State Physical Education Standards in your selected activities. All papers will need to be double spaced and type written between 3 and 5 pages. The paper should address how your activities met the Ohio Physical Education Standards. **Interscholastic athletes are exempt from this part of the P.E. Credit Flexibility requirement.**

Standard 1-Demonstrates competency in motor skill and movement patterns needed to perform a variety of physical activities.

Standard 2- Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3-Participates in regular physical activity.

Standard 4- Achieves and maintains a health-enhancing level of Physical Fitness.

Standard 5- Exhibits responsible personal and social behavior that respects self and others in physical settings.

Standard 6- Values physical activity for health, enjoyment, challenge, self expression, and/or social interaction.