PHYSICAL EDUCATION – 2017-2018
ALTERNATIVE ACTIVITY PARENT SIGN-OFF APPLICATION

In order for a parent or guardian to sign-off on a student’s completed PE hours, both student and parent must fill out a new form for every school year and read and agree to the following conditions:

1. Parent/Guardian must sign for each session at the time of completion rather than signing off on a series of hours or on one whole completed sheet all at the same time.

2. The exercise performed by the student must be strenuous enough to elevate his/her heart rate to the recommended level for his/her age for a sustained amount of time.

   » To find recommendations for specific ages, visit http://www.webmd.com/fitness-exercise/healthtool-target-heart-rate-calculator.

3. Student and Parent/Guardian must establish and record THREE STATED goals for improvement over time (e.g. going longer distances, losing weight, strength test performance or heart rate improvement or something similar).

4. Goals must be included below and progress monitored and recorded with returned PE Hours sheets.

   Activity: __________________________________________________________________________________________

   Goal 1: __________________________________________________________________________________________

   Goal 2: __________________________________________________________________________________________

   Goal 3: __________________________________________________________________________________________

Printed Name of Student ____________________________________________________________

Student Signature ____________________________________________________________________ Date __________________

Parent Signature _____________________________________________________________________ Date __________________

Athletic Director Signature ___________________________________________________________ Date __________________