



HOMESTEAD HIGH SCHOOL

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Homestead High School Alternative Physical Education Rules and Guidelines

Homestead High School provides an opportunity for students to receive ONE of two state required Physical Education credits through participation in high school athletics, high school show choir, and high school marching band, color guard and winter guard. The information below details eligibility, rules, expectations and application procedures.

Activities that qualify for Physical Education waiver:

- all IHSAA sports
- marching band
- color guard/winter guard
- dance team (Varsity and JV)
- show choir (Class Royale and Elite)

One full season of above activity is required to earn one semester of Physical Education credit. A student is allowed only ONE waiver for alternative Physical Education credit.

Students must have a signed and completed application turned in by specified date(s) listed on application forms.

Application forms will be available on the Homestead High School website under the Counselor/Guidance tab and in the guidance office. Forms will be turned into the Ninth Grade Academy Office or Student Services.

Physical Education waiver must be completed by the end of student's sophomore year.

Starting in the 2017-2018 school year the Physical Education waiver will be a **one-time opportunity**. It may not be repeated in different seasons or years.

Credit will NOT be granted for any activities from previous school years.

Credit will NOT be granted to move-ins for participation in activities at previous school.

Team or activity managers and other student support personnel will NOT be granted the waiver opportunity.

All students may elect to participate in Physical Education during the school day, through Summer Physical Education or online PE, however if a student and his/her guardian wish to exercise the waiver option the student will be required to:

1. Submit a completed application/agreement with parent signature to the Ninth Grade Academy Office. Each student will be assigned a Physical Education Teacher that will function in the capacity of Teacher of Record for managing and assigning the Physical Education credit.
2. Successfully complete the season or activity in good standing. Completion is defined as:
 - Participation from the start date to end date of the season as defined by the IHSAA, ISSMA, IHSOTA, and IHSCGA governing bodies.

- The student may not be removed from the team/group participation as a result of the one or more of the following, therefore forfeiting their opportunity to earn Physical Education credit:
 - Academic ineligibility as determined by IHSAA requirements or activity leaders
 - Discipline (either team/group or school) resulting in removal from activity
 - Prolonged injury or illness that results in a loss of more than 1/3 of the season. However if the athlete/team member remains in good standing with the team/group, maintains attendance with team/group and actively participates in rehabilitation under the direction of a physician or school's athletic trainer the athlete/team member may still receive credit
 - Any other reason as agreed upon by both the coach/director and high school administration.
- 3. Students will take an online midterm and final exam. Tests will take place after school on designated dates with teachers present. Information on testing dates, location and times will be sent via email and posted on Canvas. The midterm exam will cover fitness and wellness concepts, including the 5 components of fitness, target heart rate, maximum heart rate, body mass index and ideal body weight. The final exam will cover bones, muscles, injuries and treatment of injuries. Testing information and study guides will be available on Canvas. Failure to complete either test will automatically forfeit the students' opportunity to earn credit.
- 4. Meet with Physical Education Teacher of Record, if necessary, to verify participation and proficiency in order to successfully complete all requirements of this credit option.

Semester grade will be based on the following 100 point scale:

- 70 points for completion of sport or activity
- 15 points for mid-term
- 15 points for final exam

At the conclusion of the season or activity, the Physical Education Department Chair will receive a grade from the coach, director or sponsor worth 70% of the students grade.

Once successful participation has been confirmed, all tests completed, and all requirements met, a grade will be recorded on the student transcript.

Participation does NOT guarantee passing or an A as a grade in the PEII Waiver.

Student **will not** earn credit if they are removed from the team /activity by means of not making the team, quitting, academics, disciplinary measures, attendance, or prolonged illness/injury/non-participation (see above note).

The Physical Education Department will work with the Guidance Office to maintain accurate records.

STUDENT ATHLETES: Per IHSAA Rule 18-1d physical education credit earned by participation on an athletic team, *does not count toward academic eligibility.*

APPLICATION FORM AND DATES ON THE NEXT PAGE

2020-2021 School Year Homestead High School-Alternative Physical Education Credit Contract

Form must be completed, signed and turned in to the Ninth Grade Academy Office (9th) or Student Services (10th) between the following dates: **August 17th-28th by 3:00 p.m (Semester I applications ONLY)**

PLEASE NOTE: Semester II applications will NOT be accepted until January 19th-29th.

The Physical Education waiver will be a one-time opportunity. It may not be repeated in different seasons or years.

Student Name: _____

Student ID Number: _____ Gender _____ Grade: _____ (2020-2021 school year)

Please check one sport or activity that qualifies you for the PEII Waiver (Semester I ONLY):

SEMESTER I

- ___ Boys cross country
- ___ Girls cross country
- ___ Football
- ___ Girls golf
- ___ Boys tennis
- ___ Boys soccer
- ___ Girls soccer
- ___ Volleyball
- ___ Marching Band
- ___ Color Guard

SEMESTER II

- Boys Basketball
- Girls Basketball
- Gymnastics
- Boys swim and dive
- Girls swim and dive
- Wrestling
- Baseball
- Softball
- Boys track and Field
- Girls track and Field
- Cheerleading (Both Seasons)
- Boys golf
- Girls tennis
- Dance Team (Varsity & JV)
- Class Royale show choir
- Elite show choir
- Winter guard

I agree to the following requirements and conditions to earn my alternative PE credit:

1. I will complete and be active the entire season for the sport or activity listed above.
2. I will not have any disciplinary suspensions from the sport or activity listed above.
3. I will maintain a level of effort that is representative of receiving a high grade in a course at Homestead High School.
4. I will complete an online mid-term and an online final exam, which will be included in my final grade. Failure to complete these tests will forfeit my credit opportunity. **Midterm 10/15/2020 and Final 12/8/2020 at 2:45 in Homestead Cafeteria.**
5. I understand that participation does NOT guarantee passing or an A as a grade in the Physical Education waiver and it is a one-time opportunity.

I have read the above requirements and understand and agree to fulfill all requirements. I understand that failure to meet **all** the alternative PE credit requirements means **I will not** receive the PE credit. I understand that being removed from my activity by means of not making the team, quitting, academics, disciplinary measures, attendance, or prolonged illness/injury/non-participation will result in failure of earning the PE credit. I understand all policies associated with the Physical Education Waiver credit option as detailed in the application information packet.

Student Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Together We Make a Difference

Received on: _____