



The Grove School Off Campus PE Application

Students interested in obtaining their PE credits off campus must first submit this application. Only hours completed after the approval will be recognized. Always keep a copy of your hours for your records.

1 credit = 13 hours, 20 PE credits are required for graduation.

Hours need to be turned in to the high school office at the end of each semester. Hours turned in late cannot be accepted.

First semester hours for the current school year are due **before winter break**.

Second semester hours for the current school year are **due before the last day of school**.

Approved Activities:

All activities must be organized team sports and/or organized individual sports and/or classes at professional health and fitness clubs/gyms with a professional coach/instructor.

Examples:

YMCA group exercise classes, club sports (AYSO etc.), Redlands Swim Team, dance classes, gymnastics classes, training with a personal trainer.

Activities that cannot be approved:

Exercising in a fitness center (weight room, treadmill etc.)

Requirements:

- To ensure that students make satisfactory progress towards the completion of their 20 PE credits, all activities must be recorded on the log sheet and turned into the high school office by the end of each semester. Hours submitted after the end of the semester will not be accepted. No exceptions.
- Satisfactory progress means the completion of at least 5 credits (65 hours) every school year. Students not making satisfactory progress will be scheduled into a Grove PE class.
- A signature from the instructor is required after each session. No parent signatures will be accepted.
- Activities must last for a minimum of 60 minutes and no more than 3 hours for each session.

YMCA Circus:

Trainers must be at least 18 years old and hold appropriate credentials/certifications. Trainers under 18 cannot sign for your hours.



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Each course and/or each coach needs a separate application.

Student Name: _____

Grade: ☐ 9th ☐ 10th ☐ 11th ☐ 12th

What is your PE activity that you plan to complete? Describe in detail.

Name of business: _____

Address: _____

Coach name: _____

Coach title: _____

Credentials/certification: _____

Coach phone: _____

How many days a week will this activity be taking place?

How many hours a week do you plan on completing?

Student signature: _____ Date: _____

Parent signature: _____ Date: _____

Coach signature: _____ Date: _____