

Flex PE Course Overview

Course Overview

D300 PE Mission Statement: To provide students' opportunities to enhance physical well-being now and the knowledge to continue a lifestyle of physical well-being for the future.

Purpose of course: To provide students an opportunity to receive a developmentally planned and sequential PE curriculum that fosters the development of movement skills, enhances health-related fitness knowledge, offers opportunities to learn how to work cooperatively in a group setting, and encourages healthy habits and attitudes for a healthy lifestyle. This course provides and requires students with an opportunity for an appropriate amount of daily physical activity that is part of the regular school curriculum and not extra-curricular in nature. This course is open to students entering grades 9-12 at any high school who meet the delineated requirements.

Course Structure: Class will meet in the evening face to face for 1 hour per week at Jacobs High School. The rest of the week students are required to achieve moderate to vigorous physical activity for 30 minutes tracked via heart rate monitor technologies. Students will also be required to participate in weekly class discussion or reflections as well as complete state required FitnessGram testing.

Eligibility: Students are eligible to enroll in this class to provide additional learning opportunities in their traditional school day when otherwise not possible. To qualify a student must be enrolled in a minimum of 300 instructional minutes within the traditional school day.

Course Requirements: If approved students are required to:

- Pay a registration fee of \$150.00, and a \$50.00 fee for a POLAR H10 Heart Rate Monitor (\$200.00 total). Students will keep the heart rate monitor at the conclusion of the class.
- Provide their own Bluetooth SMART enabled device such as an iPhone (at least 4S or later), iPod touch (5th generation or later), Nano (7th generation or later), iPad (3rd & 4th generation or later) or an Android (4.3 or later) platform.
- Use personal cell data to track and submit fitness data to physical education instructor.
- Provide transportation by parent or self, due to the course offering at night (no district transportation provided).

Miscellaneous: Due to additional operational and managerial purposes no students will be able to enroll after February 15th of the previous year. In addition no refunds will be given after June 1st if a student decides to drop the course. Payments will be added to the student's pushcoin accounts. Heart rate monitors will be distributed on the first day of class.

FLEX PE Approval Process:

- Student identifies an interest in FLEX PE and picks up the FLEX PE Overview and Parent Contract
- Student submits the parent contract to their school guidance counselor
- Counselor enrolls student in appropriate class and uploads commitment contract in PLP
- All students enrolled are submitted to the Executive Coordinator for PE/Health/Driver's Ed/Athletics on February 15th.