



High School Physical Education Documentation Form

Per the High School Addendum to the School Handbook; The state mandated ½ credit of physical education is a supervised independent study at the Academy. An independent study format was chosen in order to promote our goal to encourage our students to develop an active lifestyle, not simply attend a class for one semester of their four years in high school. **This credit is achieved by being part of a sports team, or participating in group or individual instruction or activities.** It is suggested that more than one type of activity be incorporated. It is necessary that there be documentation of the activities that are participated in to fulfill the study. **The documentation must be signed by a parent or supervising adult.** **A total of 75 hours of activity are needed.**

Please note that there are a number of opportunities to meet this requirement at the Academy. For your planning, the successful participation and completion of two seasons of any sport the Academy participates in as part of the KCAA will fulfill this requirement. All other physical activities offered by the Academy (i.e., bowling and archery) require the successful participation and completion of three years total of the activity or any combination of activities to meet the requirement. This is an excellent opportunity for you as a family to participate with your child in meeting their goals.

As of _____, _____ has successfully completed _____ hours of physical activity in the form of:

Academy Cougar Sports Teams & Clubs:

- Bowling: Completed _____ Full Seasons
- Archery Completed _____ Full Seasons
- Basketball: Completed _____ Full Seasons
- Volleyball: Completed _____ Full Seasons
- Soccer: Completed _____ Full Seasons
- Cross Country: Completed _____ Full Seasons
- Softball/Baseball: Completed _____ Full Seasons

Independently _____ hours were fulfilled outside of school by participating in:
(Please attached documentation verifying completion of hours i.e., Coaches and Parent statements, time logs etc.)

Circle Grade(s) Participated:

9 10 11 12: _____

9 10 11 12: _____

9 10 11 12: _____

9 10 11 12: _____

9 10 11 12: _____