

Date Submitted: _____ Date Approved: _____

PE-X Academic Year 2014-15

Application for Approval for Physical Education Credit

Outside of Pine Lake Preparatory

The minimum number of hours for the year is 40.

Pine Lake Preparatory requires all Upper School students earn a Physical Education credit each year. This credit may be obtained through PE class, participation in one of the school's sports team, or an off campus physical activity such as, but not limited to, swim league, dance classes, gymnastics classes, recreation league sports.

Any physical activity under a supervised adult (coach, instructor, teacher, etc but **not a parent**) for a season. A season is once a week for the school year, or twice a week for half the school year, or three times a week for 3 months, hours must total a minimum of 40. Off campus physical activity such as, but not limited to, swim league, dance classes, gymnastics classes, martial arts classes, horseback riding with a trainer, crew, recreation league sports, will be accepted as PE credit. Students who are acquiring their PE credit from a source other than Pine Lake Preparatory, need to submit this form **as well as a log of times and dates of participation** to the school to obtain consideration for credit. You may PRINT screen shots from a smart phone of a free Nike App to document walking/running for 40 hours.

Name of Student: _____ Grade: _____

Activity: (ex: Soccer) _____

Business Location: (Lake Norman Soccer Club): _____

Hours of Participation: (ex: 1 hour, 3 x a week, for 4 month)

Total number of hours: _____

Print Coach Name and Phone Number:

Signature of Coach:

Please attach business card for coach/company and log of dates and times for practices/workouts/games.

Return to school office before April 30, 2015.

