



Whitman-Hanson Regional High School Junior/Senior Physical Education Requirement

Student Name: _____ Year of Graduation: _____

Juniors and seniors have a variety of options by which they may complete the physical education requirement.

Junior and Senior Physical Education Options:

To fulfill the requirement for physical education for junior and senior years, all students must select one of the following options each year:

1. *Elect to take an existing junior/senior physical education course for at least one semester each year.*
2. *Play on an inter-scholastic team at WHRHS for at least one season.*
3. *Participate in a fitness/exercise program at a fitness/exercise facility. **

**In order to complete this requirement during your junior and senior year, you must complete 60 hours in an approved fitness program at an outside facility. Examples may include weight training, general fitness, dance, yoga, skating, gymnastics, karate, judo, or other approved activities.*

Prior to starting your 60 hours you must fill out the form on the reverse side of this document, obtain all required signatures, attach any required documentation, and then submit it to your counselor. Documentation must include a written proposal of the fitness activity you will be completing as well as facility name, facility contact person, telephone number, and number of hours to be completed. **Receipt of payment to approved fitness facility must also be attached to this form. This option must be approved by the principal.**

Please note that graduation credits are awarded only for those who elect to take a physical education course at WHRHS. No credits will be awarded for any options that take place outside the school day.

*The 60 hours of fitness in option 3 must be completed and submitted to the student's counselor and approved by the principal prior to the start of Semester II. If the student does not complete the required 60 hours prior to the start of Semester II, he/she will be scheduled for PE. Upon completion of options 2 or 3 the principal will waive PE credits for that school year.

Please note that this form MUST be filled out each school year for juniors and seniors. It must be turned in for approval prior the start of the semester in which PE is scheduled.



2023-2024
Whitman-Hanson Regional High School
Junior/Senior Physical Education Requirement

Student Name: _____ **Year of Graduation:** _____

If opting out of WHRHS physical education course for your senior or junior year you must elect one of the following options and obtain the appropriate signatures. Please note that this form **MUST be filled out each school year for juniors and seniors. It must be turned in for approval prior the start of the semester in which PE is scheduled.**

OPTION 1:

✎ Student will play on _____ inter-scholastic team at WHRHS for at least one season.

Student

Parent

Athletic Sign Off

OPTION 2:

✎ Student will participate in a fitness/exercise program at a fitness/exercise facility.

This may include weight training, general fitness, dance, yoga, skating, gymnastics, karate, judo, or other approved activities. The time commitment must be a minimum of 60 total hours. The student must provide information regarding the program.

Please attach appropriate documentation to this form. Documentation must include a written proposal of the fitness activity you will be completing as well as facility name, facility contact person, telephone number, and number of hours to be completed. Receipt of payment to approved fitness facility must also be attached to this form. This option must be approved by the principal.

Student

Parent

Principal