

# Physical Education Worksheet 7<sup>th</sup>/8<sup>th</sup>

Student Name \_\_\_\_\_

Physical Education is required in grades 7 and 8.

The required amount is 3 days a week for 7<sup>th</sup> graders and 2 days a week for 8<sup>th</sup> graders.

The State of Ohio also allows 7<sup>th</sup> and 8<sup>th</sup> graders to earn high school graduation credit by taking physical education classes taught by a high school certified instructor.

The high school graduation requirement for physical education is .50 credit.

## **Planning sheet:**

Grade 7 – high school credit planned \_\_\_\_\_

Grade 8 – high school credit planned \_\_\_\_\_

Total: \_\_\_\_\_

Subtract total from .50 = \_\_\_\_\_ - this is the amount needed to meet high school graduation requirement.

If you do not meet the .50 credit by taking 7<sup>th</sup> and 8<sup>th</sup> grade physical education then below are options available during grades 9-12 to meet that requirement.

Options to earn that high school credit include:

- Earn credit taking Strength Training/Fitness class in high school – this class is flexible 2, 3 or 5 day options.
- Earning credit by taking online Ignitia Physical Education classes – during school year or summer\*\* – this is also flexible based on the student need.
- Requesting to waive the .50 physical education requirement by participating in **2 seasons of an FCA sport\* (archery is included), cheerleading, and/or marching band**. Please note that this does NOT include club sports or outside of FCA activities. Those out of school activities are allowed in 7<sup>th</sup> and 8<sup>th</sup> grade to replace the 7<sup>th</sup>/8<sup>th</sup> grade physical education, but not with the high school PE Waiver. This waiver also means that the student must earn the .50 credit that is waived in another subject area. The waiver is for the total .50 amount and cannot be adjusted. If a student does have some physical education credit in 7<sup>th</sup> and 8<sup>th</sup> grade they will still have that credit as a physical education elective on the transcript.

\*Students who participate in area public schools on sports teams like soccer that are not offered at FCA may also use that sport.

\*\*Summer physical education requires an additional fee that is prorated based on amount needed to meet the .50 requirement.