



The Grove School
200 Nevada St.
Redlands, CA 92373
Phone: (909) 798-7831

**Physical Education Independent Study
Application**

Students interested in obtaining their PE credits through Independent Study (IS) must first submit this application. Only hours completed after the IS approval will be recognized.

Approved activities: All activities must be organized team sports and/or organized individual sports and/or classes at professional health and fitness clubs/gyms.

Examples: YMCA group exercise classes, club sports (AYSO, Pateadores etc.), Redlands Swim Team, dance classes, gymnastics classes, martial arts classes, training with a personal trainer etc.

Not approved activities: Exercising in a fitness center (weight room, treadmill etc.)

Requirements:

- To ensure that students make satisfactory progress towards the completion of their 20 PE credits, all activities must be recorded on the log sheet and turned in to the school counselor by the end of each trimester. Hours submitted after the end of the trimester will not be accepted. No exceptions!
- Satisfactory progress means the completion of at least 5 credits (= 65 hours) every school year. Students not making satisfactory progress will be scheduled into a Grove PE class.
- A signature from the instructor/coach/teacher is required after each session. No parent signatures will be accepted.
- Activity must last for a minimum of 60 minutes and no more than 3 hours for each meeting/session/practice

YMCA Circus: Students cannot sign for your hours even if they are your trainer. Trainers must be at least 18 years old and hold appropriate credentials/certifications.



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Physical Education Independent Study Application

Student Name: _____

Grade: 9th 10th 11th 12th

of PE Credits Already Completed: ____/20

What is your IS Physical Education activity you plan on completing? (Describe in detail):

Name of business: _____

Address: _____

Coach/trainer name: _____

Coach/trainer title: _____

Credentials/Certification: _____

Coach/trainer phone #: _____

How many days a week will this activity be taking place?

How many hours a week do you plan on completing?

Student signature: _____

Parent Signature: _____

Coach/trainer signature: _____