

**Hingham High School
Physical Education Department
Junior/Senior Requirement**

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 the existing junior/senior physical education course for at least one semester each year.*
2. *Play on an inter-scholastic team at HHS for at least one season.*
3. *Participate in an after-school intramural weight training and conditioning program at the HHS weight room.*
4. *Participate in a fitness/exercise program at a fitness/exercise facility.*

Please note that graduation credits are awarded only for those who elect to take the HHS course in physical education. No credits will be awarded for any options that take place outside the school day, nor can any out-of-school option count towards the structured learning time mandate.

In order to complete the Physical Education requirement during your junior and senior year, you must complete 72 hours in an approved fitness program either using the weight room at HHS or an outside facility. Examples of this might be to work out at the Rec or Planet Fitness, weekly workouts with a trainer, outside of school competitive sports (soccer, swim team, horseback riding).

Prior to starting your 72 hours you must fill out the attached form and submit to Mrs. Melanson. During your 72 hours you must complete a weekly log, listing the dates, description of physical activity, and total hours that week. Upon completion of 72 hours, students must obtain a signature from the fitness facility and complete the fitness summary sheet. In order to receive a P for the course, the attached sheets must be returned to Mrs. Melanson at the end of the term nearest completion.

If you have any questions, please contact Mrs. Melanson at Mmelanson@hinghamschools.com or 781-741-1560 x1400.

Good luck in your program,

Mrs. Melanson

**Hingham High School
Physical Education Department
Junior/Senior Requirement**

**THIS FORM IS TO BE TURNED IN TO MRS. MELANSON PRIOR TO STARTING
YOUR 72 HOURS.**

Name: _____ YOG: _____

Email Address: _____

Describe how you intend to complete your Physical Education requirement?

Where do you intend to complete your Physical Education requirement?

Fitness Facility: _____ Phone: _____

List three goals (2 short term, 1 long term) that you would like to accomplish in your fitness program.

1. Short Term: _____

2. Short Term: _____

3. Long Term: _____

Student Signature

PE Resource Teacher Signature

**Hingham High School
Physical Education Department
Junior/Senior Requirement
Weekly Log**

Student Name: _____

DATES	DESCRIPTION	HOURS
<p style="text-align: center;">WEEK: 1 9/9/2012-9/15/2012</p>	<p>Example: Worked out Monday/Wednesday/Friday 5 minutes warm up-walk on treadmill 20 minutes of cardio on the elliptical/treadmill/bike 35 minutes of circuit training</p>	<p style="text-align: center;">1 hr/day x 3 days= 3</p>

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Fitness Facility Sign Off

The above named person has successfully completed 72 hours in a fitness program.

Facility: _____ **Name:** _____ **Signature:** _____ **Date:** _____

**Hingham High School
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Final Fitness Summary**

In one paragraph, briefly describe what you accomplished while completing your physical education requirement?

What are three challenges you faced while completing your 72 hours?

1. _____
2. _____
3. _____

Did you accomplish the goals you set at the beginning of the program? Explain why or why not?

How do you plan to use this experience to help you in the future?
