OXROSE ACADEMY

Independent Credit ~ **Physical Education: Documentation**

Documentation will include the following:

- Instructor Information Form:
- Course Requirements & Objectives
- Instructional Content
- Activity Log
- Fitness Assessment Log
- Sample Work & Assessments

Academic: **Instructor Information**

Instructor Name:	Phone:
Email:	
Institution (if applicable)	

Instructor Curriculum Vitae

Briefly describe your academic and professional educational experience or attach a copy of your CV. The absence of a formal degree, does not disqualify an instructor. Parent instructors should include the number of years spent home schooling.

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Academic: **Course Requirements & Objectives**

The student must engage in athletic activity throughout the year. The activity is up to the parent's discretion, but it must fulfill these general requirements:

- *It must require regular, strenuous physical movement.*
- *It must provide an opportunity to improve and develop physical skill, agility, dexterity, and acumen.*
- *It must provide opportunities to learn sportsmanship. A team activity is recommended. If an individual activity is selected, additional opportunities to engage in group sports or games are required to complete sportsmanship objectives. Multiple activity types are allowed, provided objectives for skill improvement can be completed*

Maintaining these general requirements, the student will need to complete the following specific objectives. Read through the entire syllabus before completing this section.

FOR EACH OBJECTIVE, BRIEFLY DESCRIBE HOW IT IS MET IN THE COURSE OF STUDY.

1. Wisdom: To know what is real, find God, and see clearly the ramifications for my life.
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   _____

2. Participate regularly in physical activity by maintaining a regular physical activity schedule for the entirety of the grading period (semester or year).
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3. Learn about and maintain healthy fitness levels by (a) regularly assessing personal fitness and (b) maintaining an intentional fitness program to improve fitness over an extended time.
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4. Learn activity related concepts, principles, strategies, and tactics by (a) learning and determining offensive and defensive strategies while participating in team and individual activity and (b) analyzing outcomes through self-evaluation and finding ways to improve.
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5. Improve proficiency in numerous complex movement forms through participation in activity that allows the student to practice, improve, and apply motor skills.
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   _____
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6. Learn responsible personal and social behavior by learning about and demonstrating improvement in Sportsmanship & Fair Play throughout the grading period.

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7. Learn the value of fitness and sport by considering how they impact physical health, moral growth, social life, theological understanding, and the human condition.

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Physical Education: **Instructional Content**

If applicable, list the instructional materials that the student uses this year (include title, author, and publication information). Describe the skills practiced, sports played, fitness activities engaged in, and/or content mastered.

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Physical Education: **Sample Work & Assessment Requirements**

Write down or append the sample work & assessments requirements given by Oxrose in response to your application:

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Physical Education: **Activity Log**

CREATE AND KEEP A SIMPLE ACTIVITY LOG in which you record, for the entire assessment period, any time that the student engages in strenuous physical activity (anything from tag with your siblings to lifting weights) for 15 minutes or more. A notebook or calendar may be used, provided they can be scanned.

This will function as your attendance hours. Include all activity types and times.

For each entry, give the date, type, and time spent; e.g. "11/10-Jogging, 30 min" or "11/15-Ballet class, 60 min."

The hours should be tallied before they are submitted.

Physical Education: **Assessment Log**

CREATE AND KEEP A FITNESS ASSESSMENT LOG in which you record, for the entire assessment period, the outcomes of a basic fitness test that includes assessments of three core abilities: strength, flexibility, and stamina. For example, the test could include push-ups, a sitting stretch, and a mile run. Several nationally utilized tests are available, if you wish to use a more formalized assessment.

For each test time, give the date, type of test, and the "score" achieved for the three assessments included.