

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

Independent Physical Education Credits allow students to earn academic credit for course study carried out via tutoring found in their location (either in the home or outside it). They are available in the areas of Physical Education courses or programs. The credits are not transfer credits from other institutions (which are approached differently), but are credits awarded by Oxrose for learning that does not take place under the auspices of another academic institution, though it is carried out by a non-Oxrose instructor. The grade received for a course by the student will be determined by Oxrose once all the materials have been received and assessed.

As a Roman Catholic, classical, and Thomistic school, our course work is designed with certain educational goals, methodological preferences, source dependencies, and Oxrosian idiosyncrasies. Our preference is that students seeking graduation through Oxrose complete all required courses in Live classes at the school. Granting that this is not always possible and that the needs of some students require flexibility, independent credit is available. To earn independent credit the course work completed must be found, upon scrutiny, to closely match the Oxrose courses for which it is being accepted as an alternative, regarding the content and quality of the materials, the quality of the instruction, and the amount of time spent.

A minimum total of approximately 150 hours of cumulative time is required for one credit in a core course. 75 hours for a half credit. For non-academic courses, a minimum of 120 hours and 60 hours respectively, are required. For 1.5 credit courses a minimum of approximately 210 hours is required.

In addition to scrutinizing the course itself, the student's work in the course will be assessed so that a grade can be applied at the time the course is approved for credit. It should be noted that though a record of grades is required from the course instructor, Oxrose will independently assign a grade to the student for the course. The grade assignor will take into account the materials used and the difficulty of the course, as well as the grades earned, the sample work, and the assessments.

In order to guarantee the fitness and completion of each course of study, there is a two-step process for achieving credit: 1) application and 2) documentation. Application includes the completion and submission of the application form. Once an application is approved and payment received, the student will be enrolled in the IC course suite wherein the materials and upload portals for documentation can be accessed. The documentation required will reflect the general requirements given above, but may vary based on the subject area. Independent Physical Education Credits will be awarded at the end of the academic year, once all documentation has been submitted, processed, and approved.

Deadline to receive all materials for credit is May 22nd of the academic year of application.

Independent Physical Education Credit Application

Reminder: This application is subject to review and approval.

Student Name:	Parent Name:
Date:	Phone:
Email:	

Subject:			
Description:			
Course Title:			
Academic Year:	Letter Grade:	Percentage:	<input type="checkbox"/> One & Half Credit <input type="checkbox"/> One Credit <input type="checkbox"/> Half-Credit
What course, if any, is this intended to replace:			

Briefly comment on each of the following items. The goal of this form is to provide a rough outline of the course of study, to ensure that it meets the requirements of the school.

1. Instructor: (Including name, education and experience)

2. Materials (books, workbooks, video presentations, etc.)

3. Course Activities (types of homework completed, class activities engaged in)

4. Schedule: Give the estimated number of hours per week of instruction, the number of hours of independent work, and the number of weeks for the year.

5. Assessments (Type and Schedule for Each):

Office Use:

<i>Approved:</i>
<i>Which work samples required?</i>
<i>Which assessments required?</i>

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.

2. Participate regularly in physical activity by maintaining a regular physical activity schedule for the entirety of the grading period (semester or year).

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.

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.

5. Improve proficiency in numerous complex movement forms through participation in activity that allows the student to practice, improve, and apply motor skills.

6. Learn responsible personal and social behavior by learning about and demonstrating improvement in Sportsmanship & Fair Play throughout the grading period.

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.

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.