

Exhibit E

**OPTION II PHYSICAL EDUCATION
APPLICATION, WEEKLY LOG, AND REFLECTION**

Student Name _____ School ID# _____

Grade (circle one) 10 11 12

To be eligible, you must participate in at least two (2) Passaic High School sports teams.

Fall Sport _____ Coach Signature _____

Winter Sport _____ Coach Signature _____

Spring Sport _____ Coach Signature _____

Why should you be considered for Option II Physical Education? How will Option II help you both as a student and athlete?

I agree that the information included in this application is accurate and truthful. I acknowledge the fact that the student is responsible for completing the Option II Portfolio (activity logs/journals and reflection assignments), including all necessary signatures, on time to their assigned physical education teacher.

I also agree to ensure that all of the other guidelines and requirements of the Passaic High School Option II Physical Education Program are met. I understand that any documentation that has been forged, plagiarized, or cannot be verified will result in a FAIL for the course and removal of Option II.

Student Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

OPTION II PHYSICAL EDUCATION (exhibit continued)

1. Daily Activity Log (daily):

Students will track, summarize, and describe the Athletic activities daily and connect them to the New Jersey Comprehensive Health and Physical Education Standards (NJCHPE).

The log will be submitted weekly and must be signed by the Coach.

2. Reflection Assignment (quarterly):

At the end of each marking period, students will reflect upon their activity logs and answer the following questions:

- How have these activities impacted your physical, mental, and social health?
- What personal and team goals did you achieve?
- What adversity, if any, were you able to overcome?
- What life experiences and skills did you learn?
- How have you grown as a student?

1 page minimum, 12 pt font, double spaced

OPTION II PHYSICAL EDUCATION (exhibit continued)

Option II: Student Activity Log (Example)

Student Name: _____

Sport & Level: _____

Date	Hours	Activity Description	State Standard Performance Expectation (SPE)

Total hours _____

What State Standard did you achieve proficiency in and how? (minimum two paragraphs)

Coach Signature: _____
I certified the completion of these hours and activities.

Date: _____