

**Hingham High School**  
**Physical Education Department**  
**Junior/Senior Requirement 2020-2021**

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. Play on an inter-scholastic team at HHS for at least one season.
2. Participate in an after-school intramural weight training and conditioning program at the HHS weight room.
3. Participate in a fitness/exercise program at a fitness/exercise facility.
4. For this year only: Complete self-designed workouts at home. Examples could include running, walking, hiking, biking, stationary bike (e.g., Peloton), exercise videos (YouTube is a great, free resource for this)
5. For this year only: Participate in an organized activity like horseback riding, karate, dance, a club sport, Wompatuck Warriors (mountain biking), etc.

Credits will not 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 of physical activity. Examples of this: work out at Hingham Rec or Planet Fitness, weekly workouts with a trainer, outside of school competitive sports (soccer, swim team, horseback riding).

During your 72 hours you must complete a weekly log, listing the dates, description of physical activity, and total hours that week. If you play an interscholastic sport you do not need to complete the log. Upon completion of 72 hours, students must obtain a signature from the fitness facility (or parent if you are working out on your own) and complete the fitness summary sheet. In order to receive a P for the course (passing grade), the attached sheets must be returned to Mrs. Shinney at the end of the term nearest completion.

If you have any questions, please contact Mrs. Shinney at [Eshinney@hinghamschools.org](mailto:Eshinney@hinghamschools.org).

Good luck in your program,

Mrs. Shinney  
Coordinator of Secondary Physical Education

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

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Email Address: \_\_\_\_\_

Describe how you intend to complete your physical education requirement:

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Where do you intend to complete your physical education requirement?

Fitness Facility, Company, Club Team, Etc: \_\_\_\_\_ 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: \_\_\_\_\_

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**Hingham High School  
Physical Education Department  
Junior/Senior Requirement 2020-2021  
Weekly Log**

**Student Name:** \_\_\_\_\_

<b>DATES</b>	<b>DESCRIPTION</b>	<b>HOURS</b>
WEEK: 1 9/9/2020-9/15/2020	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	1 hr/day x 3 days= 3

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Weekly Log**

**Student Name:** \_\_\_\_\_

<b>DATES</b>	<b>DESCRIPTION</b>	<b>HOURS</b>
WEEK: 6 10/12/2020-10/17/20 20	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	1 hr/day x 3 days= 3

**Hingham High School  
Physical Education Department  
Junior/Senior Requirement 2020-2021  
Weekly Log**

Student Name: \_\_\_\_\_

DATES	DESCRIPTION	HOURS
WEEK: 11 12/1/2020-12/6/2020	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	1 hr/day x 3 days= 3

**Hingham High School  
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Weekly Log**

**Student Name:** \_\_\_\_\_

DATES	DESCRIPTION	HOURS
WEEK: 16 1/15/2020-1/21/2020	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	1 hr/day x 3 days= 3

**Hingham High School  
Physical Education Department  
Junior/Senior Requirement  
Final Fitness Summary**

**Fitness Facility Sign-Off**

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

**Facility:** \_\_\_\_\_ **Name:** \_\_\_\_\_ **Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
(A parent signature is appropriate if self-designed workouts were performed.)

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

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

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

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