

**Hingham High School
Physical Education Department
Junior/Senior Requirement 2021-2022**

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. *No action required
2. Participate in personal workouts at a fitness/exercise facility.
3. Participate in an organized activity/club (horseback riding, skiing, karate, dance, a club sport, Wompatuck Warriors mountain biking, etc.)
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)

In order to complete the physical education requirement students must complete **72 hours of physical activity**. Examples: work out at Hingham Rec or Planet Fitness, weekly workouts with a trainer, outside of school competitive sports (soccer, swim team, horseback riding), walking/jogging/biking in the neighborhood.

During the 72 hours students must complete a weekly log which lists the dates, description of physical activity, and total hours that week. Students who play an interscholastic sport do not need to complete the log or paperwork. Official rosters will be obtained at the end of the season and credit will be given.

Upon completion of the 72 hours, students must obtain a signature from the fitness facility (or a parent if the student is working out on their own) and complete the fitness summary sheet. In order to receive a P for the course (passing grade), the attached sheets must be turned in at the end of the term nearest completion. The completed log can be turned into Mrs. Shinney's mailbox outside of the athletics office, mailbox in the main office or scanned/edited and emailed.

**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.*

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

Enjoy your program!

Mrs. Shinney
Coordinator of K-12 Physical Education

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

**This page does not need to be turned in prior to the program.*

Name: _____ Grade: _____

Email Address: _____

Complete these questions before starting the program:

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: _____

List three ways you accomplish these goals:

1.

2.

3.

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

Student Name: _____

DATES	DESCRIPTION	HOURS
WEEK: 1 9/9/2021-9/15/2021	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
Weekly Log**

Student Name: _____

DATES	DESCRIPTION	HOURS
WEEK: 6 10/12/2021- 10/17/2021	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: 11 12/1/2021-12/6/2021	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 1/15/2022-1/21/2022	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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Final Fitness Summary**

Student's Name:

Fitness Facility Sign-Off

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

Facility:

Signature:

Printed Name:

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?

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?
