

Hingham High School
Physical Education Department
Grades 10-12 PE Requirement 2023-2024

To fulfill the requirement for physical education during grades 10-12 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. Join unified basketball and/or unified track. This is a great way to be part of a sport and help members of our school community. Each season equals half of the requirement (36 hours).
**No action required.*
3. Take one of the classes offered during school hours. The classes that are available are Team Sports/ Lifetime Games (“AP Gym”) and Introduction to Yoga and Meditation. **No action required.*
4. Participate in personal workouts or classes at a fitness facility (Planet Fitness, Cycle Town, Magnitude, Mass MVMNT, South Shore Athletic Club, Weymouth Club, Orangetheory, Norwell Athletic Club, Krigsman Yoga, Open Doors Yoga, Yoga Lab, etc.)
5. Participate in an organized activity or club (horseback riding, skiing, karate, dance, a club sport, Wompatuck Warriors mountain biking, etc.)

For options #4 and #5 **72 hours of physical activity** must be completed. During the 72 hours students must complete a weekly log which lists the dates, description of physical activity and total hours that week. Upon completion of the 72 hours, students must obtain a signature from the fitness facility 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 in the main office or scanned and emailed.

***The due date for seniors is May 1st. The due date for sophomores and juniors is June 1st.**

*Students who play an interscholastic sport, participate in a unified sport or take a class during the school day do not need to complete the log or fill out any paperwork. Official rosters will be obtained at the end of the season/class and credit will be given.

*Numerical 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. For example, students will not receive 2.5 credits for completing this requirement as they would in a traditional physical education class.

*Students must plan for unforeseen circumstances such as not making the team or deciding not to play at the last minute. If a student does not participate in that sport they will still need to complete the log.

If you have any questions, please contact Mrs. Shinney at Eshinney@hinghamschools.org.

Enjoy your program!

Mrs. Shinney
Coordinator of K-12 Physical Education

**Hingham High School
Physical Education Department
Grades 10-12 PE 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 plan to accomplish these goals:

1.

2.

3.

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Physical Education Department
Grades 10-12 PE Requirement
Weekly Log

Student Name: _____

DATES	DESCRIPTION	HOURS
WEEK: 1 9/9-9/15	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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**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 an exercise program:

Facility: _____

Signature: _____

Printed Name: _____

Date: _____

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?
