

Cabot Public Schools Summer P.E. 2019

Information and Instructions (For students completing the 8th grade and up)

Students attempting first time credit for P.E. during the summer must register, pay \$50 and **email a typewritten plan** to show how they will accumulate 50 hours of supervised structured physical activity to randy.granderson@cps.k12.ar.us. (See below for more details). Registration packets are in the school counselor offices.

Two log sheets are emailed back when the plan is approved. One is for parent hours and one is for other supervisors. **Parents may "sign off" on a maximum of 10 hours.** Parent hours are more flexible. Examples are: running, hiking, biking, skiing, climbing, canoeing, or other physical activities. Parents do not have to be present during the activity, but they must verify the activity by signing the parent log sheet. Note: swimming will not be accepted as parent hours. It must be a class or as a part of the swim team and it would be a part of the other 40 hours.

The other 40 hours must be **structured and supervised** by someone **other than a parent, a relative, a neighbor, or friend etc.** Supervisors may be: a coach, trainer, facility manager, instructor, etc. for the other 40 hours and they must "sign off" on these hours. Examples of activities that fall under this category are: classes at the community center; organized sports; work-outs at fitness centers; dance lessons, recitals; cheer leading camps, training, competition; marching band practice, flag camp; bowling; tennis lessons; gymnastics classes and competitions; swimming classes, fitness training with a trainer; structured work-outs; church camp sports; etc.

IMPORTANT: If needed, students may get up to 30 hours through the school district. To sign up for these supervised hours, check the appropriate boxes on the PE Registration Form.

All hours must be accumulated between May 1 – June 28, 2019. No hours can be accepted outside of these dates. If you obtain this information after May 1, you may still count the hours previously obtained if you get the signatures on the log sheets from the supervisor of the activity.

The plan is essentially a contract. If there is a need to significantly change a plan once it has been approved, Mr. Granderson will need to be contacted. Once the 50 hours are completed and all log sheets filled out, **they must be turned in, emailed or scanned to Mr. Granderson on or before June 28, 2019** at ACE which is located at 21 Funtastic Drive in Cabot. A report will be sent to the student's school counselor informing them that P.E. credit is to be awarded with a grade of "A". 49 or less hours will not be accepted.

P.E. Plans may be emailed to Mr. Granderson for approval at randy.granderson@cps.k12.ar.us. Mr. Granderson can be reached by phone at ACE at 743-3520 if there are further questions.

PE Steps:

1. Read this packet.
2. Type the P.E. Plan and email it to randy.granderson@cps.k12.ar.us for approval.
3. Once approved, submit the Summer School P.E. Registration Form and **Payment of \$50** to the Counseling Center of your student's school. If you are also taking Health, indicate this on the Registration form and add \$75 for a total of \$125. Health begins June 3rd at ACE at 8:00.
4. After the Registration and payment are received, you will be emailed log sheets and any further instructions.
5. Do the Plan and get the log sheets filled out.
6. **Return or SCAN the Log Sheets to Mr. Granderson at ACE on or before June 28, 2019!!!**

**Cabot School District
P.E. Registration Form 2019**

(school attended last year) CHS ___ FA ___ CJHN ___ CJHS ___ ACE ___ ACEN ___

Name _____ 2018-19 Grade _____

Parent/Guardian Name _____ Relationship _____

Address _____

Parent/Guardian Cell # _____ (required)

Parent/Guardian email _____ (required)

Is your student in Special Education? ___yes ___no Have a 504 plan? ___yes ___no

List any medications and/or health issues _____
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Cabot Public Schools will provide up to 30 hours of supervised physical activity to assist students who need it. Please indicate what you will do:

_____ I will get my 50 hours on my own

_____ I would like to get _____ hours through the School District (multiples of 3)

If a student can't get all the 50 hours on their own, the District will provide 30 of the 50 required hours for P.E. during the **week of June 3-7, 2019 at the Cabot High School track if the weather is good. If there is rain, students will report to the Indoor Football Practice facility.** Students can be dropped off at the band room area and enter the track from there. Drivers should park at CHAMPS Hall. These PE classes are optional. There will be morning and afternoon sessions each day during this week for a total of 10 sessions. The morning sessions will be from 8:00-11:00 and the afternoon sessions will be from 11:30-2:30. Students may attend as many sessions as they need. You must register below for these sessions and you **must attend the entire session to get credit.** No partial sessions. These sessions will become a part of your typewritten PE Plan and must not change without approval. The activities will not be overly strenuous. Types of activity will include Wii Fitness, badminton, volleyball, pickle ball, etc. Appropriate dress would be gym shorts and t-shirts. The supervisor will be Mr. Donham from CHS. He will sign all log sheets each session. Students staying all day should bring a snack or lunch.

Please register for the session(s) you will attend by placing a check by the session:

<u>Date</u>	<u>8:00-11:00</u>	<u>11:30-2:30</u>
Monday, June 3	_____ a.m.	_____ p.m.
Tuesday, June 4	_____ a.m.	_____ p.m.
Wednesday, June 5	_____ a.m.	_____ p.m.
Thursday, June 6	_____ a.m.	_____ p.m.
Friday, June 7	_____ a.m.	_____ p.m.

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Parent/Guardian Signature _____ Date _____

Student Signature _____ Date _____

Counselor Signature _____ Date _____

Summer P.E. Sample Plans and Approvable Activities 2019

Sample PE Plan #1

I will get my 50 hours through my dance lessons. During the month of May through June 5th I will have lessons twice a week on Tuesdays and Thursday from 4:00 – 6:00. This will be 11 lessons and give me 22 hours. My lessons are T and Th from 1:00- 4:00 each week beginning June 9 and Ending July 3. This is 8 sessions and will give me another 24 hours. I will get the other 4 hours when I float the Buffalo River with my family on Saturday, June 14th. My parents will sign off on the float trip and my dance instructor will sign off on my lessons.

Sample PE Plan #2

I will get my 50 hours in a variety of ways. First, I will work out on Wednesday mornings at Xtreme Fitness from 9:00 to 10: 30 on June 11, 18, 25 and July 2. This will give me 6 hours. I will also attend all 5 of the afternoon sessions that the District is providing. This brings me to 21 hours. I am a member of the CHS Band and we will have marching practice for 5 days in June 11, 12, 18, 19, and 20th. This is an additional 25 hours and brings me to 46 hours. The other 4 hours will be obtained by taking 4, 1-hour Zhumba classes that meet on Tuesday and Thursday evenings at the Community Center. I will attend these classes on June 17, 19, 24, and 26th. Signatures will be obtained by my Band Director, Coach Bridges, Coach Crowder and the Zhumba Instructor.

Examples of Approvable Supervised Activities (40 hours not supervised by parent, relative or friend)

Classes at the Community Center
Dance lessons/recital
Cheer Camp/practice/competitions
Marching Band practice (6 hours per day up to 30 hours)
Organized sports practices and games
Bowling (one hour per game)
All types of workouts with a structured plan (warm-ups, types of exercises, etc)
Swimming (if a class, or structured work out at the Community Center or Air Base)

Examples of Approvable Parent Supervised Activities (10 hours maximum)

Hiking, float trips, jogging/walking, horseback riding, Wii Fitness activities, climbing wall, and water skiing.

Examples Not Approvable Activities!!

Employment, jumping on the trampoline, horseshoes, playground play, fishing, hunting, amusement parks, babysitting, camping, walking the neighbor's dog, video games, shopping, visiting the zoo, visiting a waterpark, or just going to a swimming pool to hang out.