PE Credit Guidelines

Diamond Tech can grant up to 10 credits per year of PE and recreational activities/education performed independently outside of school time and additional credits will be given for elective units. FIFTEEN hours of activity will earn ONE credit. The following activities are approved:

How can I satisfy my PE Graduation Requirement?

1. **Attend Summer School PE with PVUSD, Cabrillo College course, or OASIS Online Program** (must submit OASIS and Cabrillo transcript to office)

2. **Take advantage of offered physical activity after school (2 times a week)**

3. **Log and have activity verified during lunch if you are playing basketball or some other lunchtime physical activity.**

4. **Join a Gym and submit attendance print-out from gym** (2 hours given per login, no more than 2 hours per day)

5. **Join a Community Sports Team** (Trainer or coach will verify hours on PE log through signature and a schedule of events or practice/training times from your organization must accompany your PE log)

6. **Write a two page report on healthy living/lifestyle/a sport/physical activity**

7. **Create a healthy meal plan for the week and submit to office**

8. **Count steps and log them on PE log form (must verify with principal through an App or Pedometer readings)**

9. **If something is not listed above and you think it would satisfy the requirement, it must be first approved by the principal.**

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15 hours of verified activity = 1 Credit
10,000 Steps= One Hour of Activity
One Week Menu Plan = One Hour of Activity
Two Page Report=Two Hours of Activity

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You are responsible for keeping your PE log and verification/ evidence/ signatures/gym print-out. It is your responsibility to turn these documents into the office as soon as possible.

Diamond Tech PE Log

Students Name_____ **ID#**_____ **Grad Date**_____

Type of Activity	Start/End Time	Hours Completed	Date Completed	Trainer or Coach Signature	

Steps Completed	Dates Completed (May 17-April 17)	Hours Completed #steps/10,000	Initial of Principal Verification	Date Menu Plan Completed	Date Two Page Report Completed

Please attach menu plans, two page reports, step logs, gym print-outs, team schedules, or any other documentation to verify completion.

Total number of hours completed_____   **Credits Earned**_____

Final verification_____, **Principal**