**OPTION TWO REQUEST FORM FOR PE EXEMPTION**

**2021-2022 School Year**

**DEADLINES FOR SUBMISSION ARE FINAL**

* Submit one application and request one marking period per seasonal sport - maximum 2 exemptions per school year
* Must have coach’s signature before you hand into Athletic Office (not Team Offices)
* Students are to remain in PE until they are told that the Opt-Out has been scheduled.

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

**Guidance Counselor:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Team # \_\_\_\_\_\_\_\_\_\_\_\_\_Circle Grade 10 11 12**

**PE CLASS /Teacher’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Marking Period Requested for Exemption**

**Qt. 1 – Due 9/3/21 Qt. 2 - Due 11/12/21 (Ice Hockey, Bowling, Swim) Qt.3 Due 3/18/21 Due 12/3/21 (Basketball, Fencing, Track, Wrestling)**

**Name of the Sport\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Coach’s Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Name of Parent/Guardian\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Signature of Parent/Guardian or Student\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Must have coach’s signature before you hand into the Athletic Office (not Team Offices)

**\_\_\_\_\_\_ Confirmed Participation at Varsity Level**

**\_\_\_\_\_\_\_ Confirmed Participation at Junior Varsity Level**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Coach**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**FOR OFFICE USE ONLY**

**\_\_\_\_\_\_ GPA level checked and approved**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Dr. Patrick J. Scarpello, Director of Athletics**

**\_\_\_\_\_\_\_\_ Approved**

**\_\_\_\_\_\_\_\_ Not Approved**

**PE EXEMPTION INFORMATION SHEET**

Montclair High School offers athletes the opportunity to “Opt-Out” of physical education if they participate in a sport. The purpose of this opt-out program is to provide athletes with the opportunity to devote more time to academic study while their sport is in season. PE Opt-Out is provided along specific guidelines and dates and it is extremely important that all deadlines are met.

Forms must be turned in no later than the last day of the enrollment period in order to be considered. Upon submission of the application along with athletic department verification of participation, any students who choose to opt-out of PE will be scheduled for a study hall where they are expected to focus on academics. Attendance at that study hall is mandatory if and when we return to live instruction.

**PROCEDURE**

**Establishing Exemption:**

1. Any student who plays a Varsity or JV sport is eligible.
2. ***If a student is already scheduled for a study hall an additional opt-out will not be automatically granted****.*
3. ***Athletes may not opt out of the health portion of their health and PE course.***
4. Health and Driver’s Education will not be rescheduled to accommodate PE opt-out.
5. Head coaches of all sports will share this information sheet with athletes who wish to opt out of PE in any season.
6. Students must apply for PE Opt-Out using the attached PE Exemption Form. This form is signed by the student, parent/guardian, head coach and then returned to the Athletic Office by the posted due date.

STUDENTS ARE TO REMAIN IN PE UNTIL THEY ARE TOLD THAT THE OPT-OUT HAS BEEN SCHEDULED. Students will be notified by their counselor when the opt-out has officially been scheduled.

1. Students in PE Opt-Out will be assigned a separate course number, so that accurate rosters can be kept, and students will be assigned to the PE opt-out study hall. **ATTENDANCE AT THAT STUDY HALL ON A DAILY BASIS IS MANDATORY!**
2. Students may not replace PE with another course; the only “option” is to enroll in a study hall. Students assigned to study halls are expected to follow all study hall procedures.
3. Depending on how much time is left in the marking period when the athletic season concludes, the athletes may be asked to remain in study hall until the beginning of the next marking period.
4. Daily attendance in the PE Opt-Out study hall will be taken for accountability. Students choosing not to attend the opt-out study will be given appropriate consequences and/or lose the Opt-Out privilege.
5. **ANY VIOLATIONS OF THE PROCEDURES COULD RESULT IN REVOKING THE PRIVILEGE OF PE OPT-OUT.**
6. **Study hall capacity will determine the number of student eligible for OPT-2 (PE exemption). Varsity athletes will receive first priority by grade level beginning with seniors. Junior Varsity athletes will be considered by grade level after Varsity athletes have been accommodated.**

**Continued Eligibility:**

If an athlete leaves the team, he or she will be required to re-enroll in PE for the balance of the quarter. ***Head coaches will inform the Athletic Director about any athlete leaving the team***. The student’s grade for the quarter will reflect only the work he or she is required to complete from the time of return to PE. The student shall not be penalized for any work missed while he or she is legitimately exempt through PE Opt-Out.

**Grades:/GPA:**

Students participating in the opt-out program will have to complete a two-page paper explaining how their athletic experience relates to six of the eighteen PE standards. The standards will be attached to this document. The student will receive a “pass” or “fail” grade based on the completion of their two-page paper prior to the end of the marking period. The assignment should be submitted to the physical education teacher that you are assigned to. Any possible impact on GPA should be discussed with your Counselor.

**Standards:**

**STANDARD**  
2.2 Integrated Skills:  
All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.

**Cumulative Progress Indicator**  
C. Character Development  
▪ 2.2.12 C1: Analyze the impact of competition on personal character development.

**STANDARD**  
2.5 Motor Skill Development:  
All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle

**Cumulative Progress Indicators**

A. Movement Skills and Concepts

▪  2.5.12.A.l: Explain and demonstrate ways to transfer movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).

* 2.5.12.A.2: Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
* 2.5.12.A.3: Design and lead a rhythmic activity that includes variations in time, space, force, flow, and relationships.
* 2.5.12.B.l: Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.
* 2.5.12.B.2: Apply a variety of mental strategies to improve performance.
* 2.5.12.B.3: Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.

B. Strategy

* ▪  2.5.12.B.1: Demonstrate and assess tactical understanding by using appropriate
* and effective offensive, defensive, and cooperative strategies.
* ▪  2.5.12.B.2: Apply a variety of mental strategies to improve performance.
* ▪  2.5.12.B.3: Analyze factors that influence intrinsic and extrinsic motivation and
* employ techniques to enhance individual and team effectiveness.

C. Sportsmanship, Rules, and Safety

▪  2.5.12.C.l Analyze the role, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance and behavior.

▪  2.5.12.C.2 Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment.

▪  2.5.12.C.3 Determine the current impact of globalization and technology on the

development of, participation in, and viewing of games, sports, dance, and other

movement activities, and predict future impact.

**STANDARD**

2.6 Fitness:  
All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.

**Cumulative Progress Indicators A. Fitness and Physical Activity**

▪  2.6.12.A.l Compare the short- and long-term impact on wellness associated with physical inactivity.

▪  2.6.12.A.2 Design, implement, and evaluate a fitness plan that reflects knowledge and application of fitness-training.

▪  2.6.12.A.3 Determine the role of genetics, gender, age, nutrition, activity level, and exercise type on body composition.

▪  2.6.12.A.4 Compare and contrast the impact of health-related fitness components as a measure of fitness and health.

▪  2.6.12.A.5 Debate the use of performance-enhancing substances (i.e., anabolic steroids and other legal and illegal substances).