

# Grapevine-Colleyville ISD

## Health and Physical Education

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### Information Packet for Off-Campus Physical Education Substitutions Middle and High School Programs

In order to honor your request for physical education substitution, comply with required curriculum standards, and maintain quality education for the whole child, Grapevine-Colleyville ISD has guidelines and procedures to facilitate the physical education substitution process. These guidelines ensure that GCISD remains in compliance with GCISD policy EIF (Local and Legal)

#### **Physical Education Substitutions:**

In accordance with local District policy, credit for any physical education course may be earned through participation in:

Appropriate private or commercially sponsored physical activity programs conducted on or off campus. The District must apply to the Commissioner for approval of such programs, which may be substituted for state graduation credit in physical education. Such approval may be granted under the following conditions:

- a. **Category I** - Olympic-level participation and/or competition includes a minimum of 15 hours per week of highly intensive, professional, supervised training. The training facility, instructors, and the activities involved in the program must be certified by the Superintendent to be of exceptional quality. Students qualifying and participating at this level may be dismissed from school one hour per day. Students dismissed may not miss any class other than physical education.
- b. **Category II** - Private or commercially sponsored physical activities include those certified by the Superintendent to be of high quality and well supervised by appropriately trained instructors. Student participation of at least 5 hours per week is required. Students certified to participate at this level **may not be dismissed from any part of the school day.**

#### **Off-Campus PE Guidelines:**

- All substitution activities must include at least 100 minutes per five-day school week of moderate to vigorous physical activity.
- No more than 4 substitution credits may be earned through any combination of substitutions listed above.
- Students may be admitted into or may transfer out of Off-campus PE program at the beginning of the fall or spring semester. Students are not allowed to transfer in or out of Off -Campus PE at any other time during the school year.
- A student who is in Off-campus PE may try out for district athletic teams. If the student earns a spot on the athletic team, they will be allowed to practice with the team before or after school until the beginning of the next semester when they are eligible to transfer into athletics and out of P.E. During this interim period, the student will still be required to meet the requirements of the off-campus PE activity.
- The physical activity program conducted by a private or commercially sponsored center must provide both instruction and physical application.

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### **Off-Campus PE Guidelines: cont.**

- Time on task equals no less than 15 hours per week (Category I) and 5 hours per week (Category II) under the direct supervision of a coach or professional trainer, not to include actual time in competition, performance, or travel time.
- Parents are responsible for providing transportation to and from the physical activity program.
- Class periods available for substitution are limited to the first and last periods of the day.
- Students must leave campus at the time they are released for the physical activity substitution.
- The student participates in the Fitnessgram Fitness Assessment to be administered by the OCPE facilitating organization.
- Documentation by six-week period of attendance and assessment of achievement in the substituted activity is to be submitted to the campus program coordinator prior to the end of each grading period. Participation will be denied if documentation is not submitted in accordance to the grading guideline. Grade weight: 60% from coach, 40% completed training log documentation.
- A new application shall be completed each year and submitted to the campus off-campus PE coordinator.
- The off-campus PE application shall be submitted to the school's off-campus PE coordinator no later than the end of business on the fifth day before each semester.
- Applications are available in the counseling office or on the GCISD website under Health and Physical Education department tab.
- **High school seniors participating in the Senior Early Release program may NOT participate in Off-Campus PE programs.**