

# BRIARCLIFF HIGH SCHOOL SENIOR ALTERNATIVE PROGRAM

## PARENT INFORMATION FORM

### COURSE DESCRIPTION

Briarcliff High School, in collaboration with local fitness facilities, will encourage students to become an independent participant in physical activity outside of the school setting. The goal of the Physical Education Senior Alternative Program is to help students become aware of the programs, products, services, and facilities that provide students opportunities to maintain an active healthy lifestyle. The students must have passed Physical Education in prior years and be in good academic standing to enroll in the course. Senior Alternative is a pass/fail course. Students are allowed to take two consecutive quarters of Senior Alternative during their senior year only. Students must submit a completed Senior Alternative Packet to the Physical Education coordinator. The request must include a written description of the program the student will be enrolled in, student's goals for the program, and application form.

### COURSE REQUIREMENTS

- 1.) The student must attend an approved alternative program 3 times per week for a minimum of one hour each session. The program must be educational in nature for the student, not recreational, and not a paid activity. Outside recreation programs, such as town sponsored leagues, are not allowed as alternative programs. Examples of appropriate alternative programs include, but are not limited to: classes of instruction at local facilities such as Pilates, water aerobics; scuba certification; lifeguard certification; horseback riding; martial arts classes; dance classes. Alternative programs must be approved by the Physical Education Coordinator prior to commencement.
- 2.) The student must complete a program description and goals form (attached) with definitive details and desired outcome.
- 3.) The student must provide a copy of their membership card or a letter from their supervisor.
- 4.) The student will be required to submit a print out of their attendance log to their physical education teacher every five weeks (progress report and report card). If the attendance log is not turned in by the mid-marking period, the student will receive a comment on his/her progress report indicating he/she is not meeting the requirements for Senior Alternative and is in danger of failing. If the required hours are not completed and submitted by the last day of the semester, the student will receive a failing grade.
- 5.) Students must also submit a typed, two-page written reflection (attached) on their Senior Alternative project related to their personal goals and growth, due on the last day of their project.

Students are welcome to contact the PE Coordinator, A.J. Thau, at (914) 488-8386 or by e-mail at [AThau@Briarcliffschools.org](mailto:AThau@Briarcliffschools.org)

**Student Name** \_\_\_\_\_ **Signature** \_\_\_\_\_

**Parent Name** \_\_\_\_\_ **Signature** \_\_\_\_\_