

Please complete sections highlighted in yellow



Application for FITNESS Credit Flexibility Plan (CFP)

Student/Parent must complete all sections as instructed and submit completed application to assigned school counselor by March 1st.

Student Name: _____ Grade: _____

Student Phone Number: _____

Student Email: _____

Reason for pursuing a Fitness Credit Flexibility plan:

Answer the following questions by checking "yes" or "no" regarding your Credit Flexibility request.

	YES	NO
Are you on an IEP, 504 or Intervention Plan.		
Do you receive English Language services.		
Do you participate in any Rocky River High School sports?		
Will this decision affect your athletic eligibility?		
Will this decision affect your grade placement or graduation?		

Student Contract: The student and parent must read and initial each item below as an indication of acceptance.

Student	Parent/ Guardian	
		I understand that the student will hold primary responsibility for the overall success of the CFP.
		I understand that the RRHS Code of Conduct applies at all times during the completion of this CFP.
		I understand that the student will be removed from the Credit Flexibility Program for issues involving plagiarism and copyright violations and will be subject to school discipline.
		I understand that the student is expected to allocate and manage his or her time in working towards course completion.
		I understand that the student will be expected to independently fulfill the work required to complete the CFP.
		I understand that the student will be expected to update parents regarding his or her progress.
		I understand that the student must complete all CFP work by the due dates agreed upon in this contract.
		I understand that any grade earned as part of this credit flexibility option will be posted as a permanent grade on the student's transcript.
		I understand that the student is responsible for maintaining academic, and NCAA if necessary, eligibility if s/he participates in RRHS athletics.

SIGNATURE SECTION

STUDENT

Your signature indicates that you have discussed the above statements with your parents, understand the commitment you are making, and agree to the policies set forth by Rocky River High School.

Student Signature: _____ Date: _____

PARENT/GUARDIAN

Please read & discuss the above statements as well as the Credit Flexibility Information and Guidelines with your student. Your signature indicates that you have read these and agree to the policies set forth by Rocky River High School. Your signature also relieves the school of any liability for your son/daughter during times in which your student is not required to be at school due to this flexible credit plan, should it be accepted.

Parent Signature: _____ Date: _____

FITNESS CREDIT FLEXIBILITY PLAN (CFP)

I. GENERAL INFORMATION

Option: What will the student do to complete the plan and earn credit.

- 1. **Pre-written CF course template for fitness**

Course Title: **FITNESS**

Institution that will assess and award transcribed credit if #1 is selected above: **ROCKY RIVER HS**

Amount of credit desired for the plan (circle one): **0.5 credits** 1.0 credit

Subject area of CFP: **FITNESS**

Plan Completion Timeline (select one):

- Entire Academic Year
- Semester 1 only
- Semester 2 only
- Other _____

Plan beginning date: _____ Plan completion date: _____

The final grade for your CFP will be posted on your transcript and calculated into your GPA.

If your plan will be overseen by a Rocky River teacher of record, please list two check-in dates at which time you will present evidence that you are making progress in your CFP:

check-in date 1: _____

check-in date 2: _____

Your plan will be overseen by a Rocky River High School teacher of record:

Name: **Mr. Michael Murray**

Organization/Affiliation: **RRHS Fitness Teacher**

Phone Number: **(440) 356-6800** Email: **murray.michael@rrcs.org**

CONTACT INFO: TIME LOG 1A and HANDOUT 2A

Your plan requires an advisor, coach, supervisor of an activity (not a parent or guardian) to validate a time log for your time spent on a Standards 1A activity and to complete Handout 2A (forms located in program information and guidelines document).

Printed name of advisor/coach/activity supervisor for Time Log 1A and Handout 2A:

Signature of advisor/coach/activity supervisor for Time Log 1A and Handout 2A:

Best contact phone # for this person _____

Preferred contact time of day for this person _____

CONTACT INFO: TIME LOG 1B and HANDOUT 2B

Your plan requires an advisor, coach, supervisor of an activity (not a parent or guardian) to validate a time log for your time spent on a Standard 1B activity and to complete Handout 2B (forms located in program information and guidelines document).

Printed name of advisor/coach/activity supervisor for Time Log 1B and Handout 2B:

Signature of advisor/coach/activity supervisor for Time Log 1B and Handout 2B:

Best contact phone # for this person _____

Preferred contact time of day for this person _____

II. DEMONSTRATION OF MASTERY OF STANDARDS

When successfully completed, a CFP allows a student to demonstrate that he or she has mastered all standards associated with a course.

- Standards addressed: This column tells us, “What will the student study and learn?” In this column, please list the standards your course requires, each in its own box. Standards can be accessed at:
 - Ohio Department of Education Learning Standards:
<http://education.ohio.gov/Topics/Learning-in-Ohio/OLS-Graphic-Sections/Learning-Standards>
 - AP course standards: <https://apstudent.collegeboard.org/apcourse>
- Activities I will do: This column answers the question, “How will the student accomplish this learning?” In this column, please detail the activities you will work on and complete that will lead to your demonstration of mastery of each standard.
- Assessment: This column answers the question, “How will the student demonstrate that the learning standard has been mastered and accomplished?” In this column, please explain how your learning of the standard will be evaluated and measured.

***Please first review the
Fitness Credit Flexibility Program Information and Guidelines document
and then complete the following chart.***

Standards addressed: “What will the student study and learn?”	Activities: “How will the student accomplish this learning?”	Assessment: “How will the student demonstrate that the standards has been mastered?”
1A. Demonstrate combined movement skills and patterns in authentic settings	<p>Choose/circle only one option:</p> <p>Option 1: I will demonstrate competent performance of individual specialized skills in health-related fitness activities (e.g., resistance training, yoga, kickboxing, fitness walking).</p> <p>Option 2: I will demonstrate specialized locomotor skills in individualized performances or outdoor activities (e.g., aquatics, track and field, figure skating, gymnastics, wrestling, self-defense, swimming, skiing, rock climbing, mountain biking, skateboarding).</p> <p>Option 3: I will demonstrate competent performance of basic and advanced skills within current and traditional dance genres (e.g., line, hip-hop, aerobic, square, jazz, tap, modern, ballet, interpretive, folk, social, African American cultural, marching band).</p> <p>What activity/activities will you do for your chosen option:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>I will submit three things:</p> <ol style="list-style-type: none"> 1. A completed Standard 1A specialized skill template 2. A time log, signed by an adult or an instructor, showing a minimum of 30 hours related to this activity/sport 3. Evidence demonstrating my knowledge of the standard (include works cited as necessary) (circle one): <p>Video demonstration</p> <p>-or-</p> <p>Written demonstration</p> <p>-or-</p> <p>Reflective journal</p>

Standards addressed: “What will the student study and learn?”	Activities: “How will the student accomplish this learning?”	Assessment: “How will the student demonstrate that the standards has been mastered?”
1B. Demonstrate specialized manipulative skills in a variety of settings.	<p>Choose/circle only one option:</p> <p>Within authentic settings, I will demonstrate competent skill performance of basic and advanced skills by:</p> <p>Option 1: maintaining possessions, scoring and defending scoring in invasion games.</p> <p>Option 2: scoring and defending scoring in net/wall games.</p> <p>Option 3: scoring and defending scoring in striking and fielding games.</p> <p>Option 4: scoring and defending scoring in target games.</p> <p>What activity/activities will you do for your chosen option:</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>I will submit three things:</p> <ol style="list-style-type: none"> 1. A completed Standard 1B specialized skill template 2. A time log, signed by an adult or an instructor, showing a minimum of 30 hours related to this activity/sport. 3. Evidence demonstrating my knowledge of the standard (include works cited as necessary) (circle one): <p>Video demonstration</p> <p>-or-</p> <p>Written demonstration</p> <p>-or-</p> <p>Reflective journal</p>

Standards addressed: “What will the student study and learn?”	Activities: “How will the student accomplish this learning?”	Assessment: “How will the student demonstrate that the standards has been mastered?”
2A. Apply knowledge of tactical concepts and strategies in authentic settings.	Activity chosen: <div style="background-color: yellow; height: 15px; width: 100%;"></div> <p>I will describe at least three (3) strategic and/or tactical requirements for successful performance in my chosen activity, and I will describe how these strategies/tactics create success within the activity.</p>	I will submit two things: <ol style="list-style-type: none"> Evidence demonstrating my knowledge of Standards 2A and 2B (include works cited as necessary) (circle one):
2B. Apply biometrical principles to performance in authentic settings.	<p>Video description and explanation</p> <p>-or-</p> <p>Written description and explanation</p> <p>2. A works cited page that details at least three (3) sources reviewed to learn about biomechanical principles.</p>	
3A. Develop a current and lifetime physical activity plan.	I will log my amount of physical activity completed over the course of 6 continuous days <p>-and-</p> <p>Based on the data I collect over the course of the six days, I will develop a plan for myself that addresses both:</p>	I will submit one thing that demonstrates my knowledge of Standards 3A and 3B: <ol style="list-style-type: none"> Completed Handout #1
3B. Implement principles and practices to develop a fitness and nutritional plan to meet individual needs.	<ol style="list-style-type: none"> physical activity now and into adulthood. nutrition now and into adulthood. 	

Standards addressed: “What will the student study and learn?”	Activities: “How will the student accomplish this learning?”	Assessment: “How will the student demonstrate that the standards has been mastered?”
4A. Demonstrate leadership by holding self and others responsible for following safe practices, rules, procedures and etiquette in physical activity settings.	I will demonstrate that I consistently hold myself and others accountable for following safe practices, rules and procedures, and etiquette in physical activity settings. -and- I will demonstrate that I try my best in a variety of physical activities, giving effort throughout, challenging myself to be successful, and taking responsibility and accepting consequences for my actions.	I will submit two things that demonstrate my knowledge of Standards 4A and 4B: 1. Completed Handout #2A for Standard 1A activity/sport 2. Completed Handout #2B for Standard 1B activity/sport
4B. Initiate responsible, personal, social behavior and positively influence the behavior of others in physical activity settings.	-and- I will demonstrate consistent cooperation, respect for others, conflict resolution and fair play in a variety of activities.	
5A. Analyze the activity to identify specific physical, mental and social health benefits.	I will develop a marketing campaign for one of my favorite physical activities that can be enjoyed as a lifetime pursuit. Activity chosen: <div style="background-color: yellow; height: 15px; width: 200px;"></div>	I will submit one thing that demonstrates my knowledge of Standards 5A and 5B: 1. A marketing project that follows the guidelines listed for Standards 5A and 5B. Include works cited as necessary.
5B. Express multiple, specific reasons (enjoyment, challenge, self-expression, social) to participate in a selected physical activity.		

III. CREDIT FLEXIBILITY COMMITTEE REVIEW of CREDIT FLEXIBILITY PLAN REQUEST (office use only)

APPROVED
 NOT APPROVED

Comments: