

Freehold Regional High School District

Office of Curriculum & Instruction

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Option II for Alternative Physical Education: Information Sheet 2024-2025

The Freehold Regional High School District encourages all pupils to participate fully in the physical education program. It recognizes, however, that some pupils are engaged in athletic, interscholastic, or other programs of vigorous physical activity, allowing for achievement of the New Jersey Student Learning Standards. Such pupils may, pursuant to rules of the State Board of Education, be excused from the required enrollment in a physical education course, while still earning physical education credit. There are three qualifying paths:

Path A (for 10th through 12th graders): Participation in two or more NJSIAA-recognized JV and/or Varsity sports or two seasons of JV/Varsity cheerleading at the high school, OR

Path B (for 10th through 12th graders): Participation in one NJSIAA-recognized JV or Varsity sport or JV/Varsity cheerleading at the high school, plus documented off-season-training (150 minutes/week) with an organization approved by the district, OR

Path C (for 9th through 12th graders): Continuous high-level training, practice, performance, and/or competition in an athletic or physical activity for at least 150 minutes per week with an approved organization, coach, and/or teacher.

No such request will be granted unless the pupil has demonstrated, to the satisfaction of the Administration in consultation with an appropriately certified staff member(s), that the alternate activity or program meets the physical education program goals and objectives established by law, the New Jersey Student Learning Standards, and the Freehold Regional High School District. The alternative program must also provide activities and development equivalent to those provided by the physical education program of this district. **Any parent who wishes to exercise the Option II program for any portion of the 2024-2025 school year must submit an Option II application [form in the Genesis Parent Portal](#) by **August 2, 2024**.** No late applications or appeals will be accepted.

Student Responsibilities & Documentation

NJ State Statute 18A: 35-5, 7, and 8 requires **150 minutes of participation in health, safety, and physical education weekly**. The student must have the coach or instructor verify that the student was present and active for at least 150 minutes each week. The coach or instructor must sign the weekly log. Logs must be submitted to the SECA (Paths A or B) or Guidance Counselor (Path C) on the first of every month.

Important notes and obligations for all students pursuing Option II:

- Students must enroll in a traditional health course during the school year for one marking period.
- Students may NOT enroll in another academic class; Option II students will have a study hall during their PE period.
- Students who meet all eligibility criteria and complete all requirements will receive a grade of “S” (Satisfactory) for 3.75 credits, which will NOT compute into their overall GPA.
- Students who do NOT complete all requirements of this program may be in jeopardy of failing to achieve all of the credit hours required for graduation.
- In case of injury, sickness or the inability to participate in any physical activity, a doctor’s note will be required and must be presented to the school nurse and the guidance counselor in order for the student to go onto a Medical PE status. Students in this status will be required to complete assigned projects and makeup work. Parental notes for illness will NOT be accepted to excuse students from their activity.

Procedures for Application & Documentation

- Parents begin the process by filling out the [appropriate form in the Genesis Parent Portal](#) no later than **Friday, August 2, 2024**.
- Path C students must also submit a letter from the outside organization.
- Once approved, students are responsible for logging hours weekly.
- On the first of every month, students must submit their logs to the SECA (Paths A & B) or the Guidance Counselor (Path C). A blank log is available at the end of this document. Full compliance is required in order to receive a passing grade for the marking period.
- Late logs may be viewed as a failure to meet the 150 minutes/week requirement, and may result in removal from Option II, loss of credit, and/or a grade of “U” for Unsatisfactory. Students are solely responsible for submitting documentation.
- Any documentation that has been forged, plagiarized, or cannot be verified will result in removal from Option II, loss of credit, and/or a grade of “U” for Unsatisfactory.

Logs

The following rules govern time logs for Option II students.

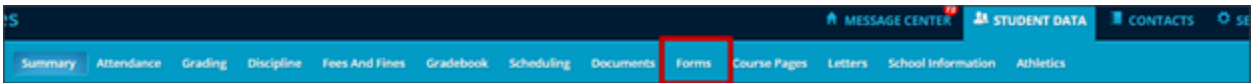
- Documentation and time accumulated for the week begins every Monday and ends on Sunday.
- All students are responsible for a minimum of 150 minutes of activity per week.
- Shortened school weeks will alter the minimum 150 minutes-per-week requirement to 30 minutes per day. For example, during the three-day Thanksgiving week, students are required to accrue at least 90 minutes of physical activity.
- When school is closed for an entire week, students are not responsible for fulfilling their Option II obligation.
- Absences from school do not lessen the minimum 150-minute per week requirement.

Option II Application Form: Genesis Parent Portal

Step 1: Login to the Genesis Parent Portal by clicking here:

<https://parents.c1.genesisedu.net/freeholdregional/sis/view?gohome=true>

Step 2: Click on the **FORMS** link on the top of the page.



Step 3: Select the form “**Option II All Paths 24-25**” (there is only 1 form for Option II)

Step 4: The Option II form has 4 sections.

Form Sections	
Path Chosen	<u>Must be completed by everyone.</u>
Complete for Path A Only	Complete <u>ONLY ONE</u> based on Path Chosen
Complete for Path B Only	
Complete for Path C Only	

