

Colchester High School Physical Education Department's
Independent Study Application

Independent Study Criteria:

Independent Study was established to provide students the opportunity to earn physical education credit for their involvement in structured, physical activities not offered at Colchester High School. The Independent Study program must be the following criteria:

1. Student must seek prior approval from one of the physical education instructors.
2. The activity must be instructional in nature; there must be lessons or coaching by qualified instructors.
3. Up to two units of physical education credit will be granted based upon the amount of time spent in the program.
4. Individual activities may only be used once.
5. A student may earn up to one half credit through involvement in three different activities.

Name: _____ Gr: _____ Date: _____ Phone: _____

Project Proposal: _____ Instructor: _____

Instructor's Home Phone: _____ Work Phone: _____

Location of Lessons: _____

Answer the following questions: *You may use the back of this form if necessary.*

1. Why do you wish to pursue this independent study project?

2. Please list your specific goals you wish to achieve from your involvement in this program.

3. Please list the specific skills you will be working on to help you achieve your desired goals.

Cooperating Teacher: _____ Date: _____

Parent Consent: I give permission for my son/daughter to participate in this Independent Study Project in order to fulfill a portion of their high school physical education requirement.

Parent's Signature: _____ Date: _____

Important: In order for you to receive credit for your independent study program you must:

1. Return your proposal with your parent's signature.
2. Turn in your Log and Feedback form completed by your instructor at the end of the project.