



LYDIAN ACADEMY

Documenting Independent Study in Physical Education

WHY?

The goals of physical education at Lydian are:

1. To demonstrate a knowledge and competency of motor skills, movement patterns, and strategies needed to perform a variety of physical activity
2. To achieve a level of physical fitness for health and performance while demonstrating a knowledge of fitness concepts, principles and strategies
3. To show knowledge of the psychological and sociological concepts, principles, and strategies that apply to the learning of a physical activity.

WHAT?

A variety of activities may be accepted for P.E. credits at Lydian. See the list below for acceptable categories. You should seek approval for activities that do not appear below.

Working with a personal trainer	Fitness center or studio classes such as yoga, dance, aerobics, martial arts	Club sports
Private lessons with a trained sports professional (ie tennis, fencing)	Physical activities completed in wilderness programs and/or therapeutic boarding schools	Community college P.E. classes

HOW?

1. Complete the summary page.
2. Fill out the hour tracking worksheet along the way
3. Attach a written reflection.

Submit your finished packet (complete with signature) to the office.

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815 El Camino Real • Menlo Park, CA 94025 • Tel: 650.321.0550; Fax: 650.321.0660
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SUMMARY OF INDEPENDENT STUDY P. E.

Student Name: _____

Grade: _____

Physical Education activity: _____

Place of activity: _____

Start and end dates: _____

Supervisor Name: _____

Title/Position: _____

.....
Please describe at least 2 fitness goals that you set for yourself in one or two sentences:

Please describe your physical education activity in one or two sentences:

Sign below when you have completed the summary page, tracking worksheet, and reflection. Return to the Lydian office.

Signature of Student

_____ Date: _____

Signature of Supervisor

_____ Date: _____

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PHYSICAL ACTIVITY REFLECTION

On a separate piece of paper: attach a 1 page reflection that answers the following questions.

What physical activity did you do?

What physical fitness goals did you set for yourself? Why?

Did you achieve your goals? Why or why not?

What new goals will you set for yourself for ongoing health and fitness?

List at least two benefits you experienced from your physical activity.

List 3 fitness resources in your community.

Reflections will be graded on completeness and thoughtfulness of answers. See the grading rubric for expectations.

Grading Rubric

3 Points	2 Points	1 Point
Response clearly addresses the question and demonstrates a high degree of introspection and reflection.	Response somewhat addresses the question and demonstrates a moderate degree of introspection and reflection.	One-word answers or minimal answer demonstrating lack of thought and/or effort.

Points earned: _____/18 = _____%

Final Grade (Pass/No Credit): _____

Your transcript will be updated soon after receiving your *Summary, Tracking Worksheet, and Reflection*.
15 hours of activity = 1 unit of P.E. credit.

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