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# **Ohio CORE / PE / Credit Flexibility**

Milford Board of Education  
May 20, 2010



## Ohio CORE - SB-311

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Permits local districts to adopt policy in which it may exempt from HS PE requirement students who have participated in interscholastic athletics, marching band or cheerleading, JROTC for two full seasons.

Students who are exempt from the PE requirement must elect and complete  $\frac{1}{2}$  unit of credit, consisting of at least 60 hours of instruction in another course of study.



## Eligible Exemptions:

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Sports Teams -- Practice and competitions outside of school day

Cheerleading -- Practice and competitions outside of school day

JROTC – Activities outside the school day



# More Eligible Exemptions:

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## Marching Band

The waiver for marching band is based on the outside-of-class activities associated with marching band programs including but not limited to attending band camp, marching in parades, performing at school sponsored athletic events (pre-game, halftime, post-game shows, etc.), band contests and state-sponsored marching band competitions.



# Current Options for PE Credit

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Participate in PE during the regular school day

Summer PE – Many students, especially band students, take summer physical education in order to allow for additional coursework at the high school.



# ODE Adoption Rule

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Districts are not permitted to implement a retroactive policy.

The two full seasons, or years for eligible activities, and the additional one-half unit of credit (60 hours of instruction) must begin after the implementation date of the policy.



# Proposed legislation may rescind this option

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Senate Bill (SB) 118, sponsored by Sen. Gardner (R-Bowling Green), **ELIMINATES** the provision in the Ohio CORE that permits a school district to adopt a policy under which it may exempt from the high school physical education requirement students who have participated in interscholastic athletics, marching band or cheerleading for at least two full seasons.



# Credit Flexibility in General

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With credit flex, high school students can earn credit in three ways or a combination of these ways:

1. By completing traditional coursework
2. By demonstrating mastery of the course content
3. By pursuing an educational option such as an online class, independent study, travel opportunities, etc.

Individual students develop a plan for a credit flexibility option and complete an application. Students spell out specifics for the methods they will use, identify how they will demonstrate mastery, and a timeline for the plan.



# Credit Flexibility -- PE

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An example of how a plan for PE credit might look:

1. Two fitness goals identified (cardiovascular fitness, muscular strength, muscular endurance, flexibility, body composition and weight control, coordination, speed).  
Identify final evaluation of goal.
2. Three activities identified to achieve the fitness goals and keep a log signed by a qualified mentor.



## Credit Flexibility -- PE

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3. Two lifetime fitness activities identified (bowling, yoga, kayaking, rowing, aerobic activity, weight training, etc.)
4. A minimum time identified for each activity and a method to document activity.
5. A qualified mentor identified to verify activities and sign-off on log.