

Middletown High Schools
Individual Learning Experience in Physical Education/Health
2010-2011 Guidelines

For the 2010-2011 school year, students may participate in an individualized learning opportunity (ILO) in the area of Health & Physical Education. The guidelines to participate are as follows:

1. Be enrolled in a fulltime or shared time program in 11th or 12th Grade at Middletown High School South or Middletown High School North.
2. Complete an application (see guidance counselor) and obtain approval by building administration.
3. Must submit documentary proof of either of the following:
 - a. Must participate in a minimum of two (2) athletic seasons of an NJSIAA sanctioned sport AND complete a program that addresses and satisfies the New Jersey Core Curriculum Content Standards in Health (TBD).
 - or
 - b. Must maintain a regular fitness regimen of a minimum of 2.5 hours per week under the supervision of and verified by professionals including but not limited to: participation at a private fitness facility, organized physical fitness activity such as dance, karate, gymnastics, etc., independent, non-school sanctioned athletic teams, after-school weight room workouts AND complete a program, possibly including online coursework, that addresses and satisfies the New Jersey Core Curriculum Content Standards in Health (TBD).
 - Combinations of (a) and (b) will be considered. For example, a 1 season athlete may combine that activity with participation in an organized dance program that meets the 2.5 hour per week participation time requirement.
4. Maintain a portfolio/record of work completed.
5. Student must report any changes to the approved ILO program immediately to his/her counselor.
6. Students who complete their ILO outside of a school-sponsored activity may need to complete a Physical Fitness assessment at the end of the school year in order to earn credit.
7. Agree to be assessed on a Pass/Fail basis.
8. Parents/Guardians and/or student agree to hold the school/district harmless from, and waive any and all claims against the school/district for, any injury or damages of any kind incurred during the completion of the ILO in any non-school sponsored activity.

9. ILO programs are not funded by the school district. All costs incurred in completing an ILO in Health & Physical Education are the responsibility of the student and/or their parents/guardians.
10. Successful completion of Health & Physical Education for the equivalent of 4 years is a high school graduation requirement. Failure to complete the ILO agreement in may result in an inability to graduate in June of the senior year.