

Application for Seal of Excellence – Physical Education Department

Student name _____ Date _____

CRITERIA FOR SEAL OF EXCELLENCE

Each student should acquire good health habits and an understanding of conditions necessary for maintaining their physical, mental, social and emotional well being.

Students will demonstrate the basic qualities of physical fitness through participation in classes, activities and/or sports.

Students will develop positive strategies for life-long total fitness through participation in a minimum of 4 semesters of regular physical education classes.

Students must obtain **5 points** based on the following categories for a Seal of Excellence:

*****There may be special circumstances where you are not able to qualify in the categories below. Please talk to your PE teacher**

		Your Points	Possible Points
1	Earn a cumulative grade point average of 3.5 for all physical education		1
2	Complete five semesters from the following course offerings: Aerobics Aquatics Athletic Training Basketball Dance Physical Education - IEP Sports Conditioning Stunts and Tumbling Team Sports Team Sports (Soccer) Weight Training and Conditioning		5 = 1
3	Rank in the 85th percentile or above for all health related test on the "Fitness Test" or receive teacher recommendation of outstanding fitness levels		1
4	Participate in sports, fitness or athletic related events (workshops, conferences, sports camps, El Tour de Tucson, body building competition) **Explain this on a separate piece of paper and be very specific with detail, dates and where the event took place		1
5	Design and implement an individual exercise program outside of regularly scheduled classes on a separate piece of paper		1
6	2 Seasons of Varsity Athletics		1
		Total	

