

Credit Flex Sample Proposal

(information in italics is asked to be provided in notebook or binder for documentation purposes)

Date: (Must be submitted by May 1)

To: _____

From: _____

Re: Credit Flex proposal

Proposed activities:

- 1) Volleyball camp: I will be attending a week long volleyball camp at _____ school for 2 hours per day for 5 days. (10 hours)
Provide documentation from camp
- 2) Open gym for basketball: I will be attending open gym at _____ high school once per week for 5 weeks over the summer (5 hours)
Provide sign-in sheet from camp
- 3) Bowling at Astro Lanes: I will be bowling 4 games with my mom and dad (2 hours)
Provide score card
- 4) Golf: One round of golf with my dad at the Wapakoneta Country club (2 hours)
Provide score card
- 5) Wapak Rec softball: Play in the summer softball league. We will have practice and 10 games (20 hours)
Practice and game schedule signed off by coach
- 6) YMCA Fit Links: I will log hours at the YMCA fit links program on the bike, treadmill and elliptical (10 hours)
Printed off fit links with name of student
- 7) Participate in a 5K race: Run in the _____ race in Lima. (45 min)
Documentation from race
- 8) Soccer camp: I will be attending a summer camp at _____ University. (10 hours)
Paperwork from camp with hours
- 9) Canoe trip with family at _____: My family is going to canoe down the _____ river this summer.
Pictures/writing about experience

***We are looking for a broad range of activities as students do a number of activities in phys ed and summer phys ed. These activities must be documented and we will not accept anything that is just done on your own. For example: 25,000 shots in your driveway, riding your bike for 2 miles a day. If you have specific questions please stop and see Mr. Rex in the main office or send an e-mail to rexaa@wapak.org ***