### Request for Flexibility

**2017-18 Proposal**

**INSTRUCTIONS:** Please write your responses in the boxes below.

<table>
<thead>
<tr>
<th>SCHOOL NAME:</th>
<th>Alpharetta High School</th>
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</thead>
<tbody>
<tr>
<td>CONCEPT NAME:</td>
<td>Waiver for Personal Fitness for Students who “Test Out”</td>
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</tbody>
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**STATEGIC INITIATIVE(S):**

*Student Achievement, People and Culture:*

>The strategic initiative targeted allows students greater choice in scheduling along with encouraging participation in courses which align with their extracurricular commitments.*

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<table>
<thead>
<tr>
<th>Concept Summary</th>
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1) **Describe the need/challenge that your school seeks to address and identify how this need/challenge is outlined in your school strategic plan.**

Students need the flexibility to engage in personalized learning most relevant to their goals while ensuring credit completion and academic success. All students are currently required to take and pass 0.5 credits of Personal Fitness in order to fulfill all graduation requirements. This inhibits students involved in athletics and Marching band, who are otherwise physically fit, from opportunities to take other enriching academic classes.

2) **Describe the proposed concept, and explain how it addresses the need/challenge identified above.**

Students who have completed 2 consecutive seasons of a GHSA sport, or 2 consecutive seasons of Marching Band by the end of their Junior year may receive the 0.5 credit for Personal Fitness if:

1. They participate in and successfully achieve the “Healthy Fitness Zone” level in all 5 phases of the FITNESSGRAM test (Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition)
2. Complete and pass a written examination covering the basics of the “content knowledge” curriculum contained in the Personal Fitness course

Note: All students must complete an application with criteria to ensure compliance and parent approval during their Junior year. FITNESSGRAM testing and Written Examination will be administered during one week in November and one week in April. If a student is not successful on either part of the testing, they will be responsible to fulfill the (0.5) credit for personal fitness which is required for graduation. This may impact a student’s senior class schedule.

3) **Include any research or evidence that the concept will positively affect your school’s student population. If no research exists, please**

This concept will provide an opportunity for our students involved in athletics and marching band to create their school schedules with flexibility. However, it will still promote the importance of health and fitness throughout the school community.
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<table>
<thead>
<tr>
<th>(4) Outline the expected results in the columns to the right. Add additional rows as necessary.</th>
<th>Project Outcomes</th>
<th>Short-Term Goals</th>
<th>Long-Term Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Students participating in athletics and marching band at Alpharetta HS will still have plenty of flexibility in the school schedules to pursue various educational opportunities.</td>
<td>Continue to make Health and Physical Education a meaningful part of the educational experience at Alpharetta HS, while developing the “whole child” in our school community.</td>
<td>Establish a standard that promotes extra-curricular activities and all aspects of the educational process through collaboration and respect for all subjects and endeavors.</td>
<td></td>
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</table>

**Waiver(s) Requested**

| 5) List any waivers from state law, regulation, and/or rule required to implement the concept. (Facilitators will identify the specific laws, regulations, and/or rules requiring exemption.) | O.C.G.A. § 20-2-777(a) 160-4-2-.12 COMPREHENSIVE HEALTH AND PHYSICAL EDUCATION PROGRAM PLAN. 2© , 2(g); SBOE 160-4-2-.48 HIGH SCHOOL GRADUATION REQUIREMENTS FOR STUDENTS ENROLLING IN THE NINTH GRADE FOR THE FIRST TIME IN THE 2008-09 SCHOOL YEAR AND SUBSEQUENT YEARS 5 (VI). |

| 6) List any flexibility from Fulton County Schools’ policy required to implement the concept. (Facilitators will identify the specific Fulton County Schools policies requiring exemption.) | IHF(8) - Clock Hours for Unit of Instruction and Personal Fitness Graduation Requirement |

Alpharetta seeks to modify the following provisions within this policy for student athletes as identified in section 1:

- **Seat Time:** “A unit of credit for graduation shall be awarded to students only for successful completion of state-approved courses of study based on a minimum of 150 clock hours of instruction provided during the regular school year, 135 clock hours of instruction in summer school.”
- **Graduation Requirements:** “One (1) Unit of Health and Physical Education defined by: Health -- .5 unit and Personal Fitness -- .5 unit.” This requirement would be fulfilled through completing the requirements in this RFF

**Impact on Students and Families, Personnel, Departments, Processes, and Schools**

<table>
<thead>
<tr>
<th>7) List any impact of the concept on the following:</th>
<th>Students and Families:</th>
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<tbody>
<tr>
<td>Students and families; Personnel;</td>
<td>• Students may choose an alternative means of accomplishing the 0.5 credit for Personal Fitness which will not affect their regular class schedule. This Request for Flexibility acknowledges and</td>
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- The school schedule;
- Transportation;
- School nutrition;
- Teaching, learning, and assessment;
- Other schools; and
- Any other area not addressed above.

provides an alternative for those students committed to sports and Marching Band at Alpharetta HS. There may also be the added benefit of more students participating in such programs.

School Schedule:
This would have a positive impact on the “class size” of the Personal Fitness classes at Alpharetta HS.

Athletics:
- This waiver will promote participation in extra-curricular activities such as athletics and Marching Band.

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<thead>
<tr>
<th>Budget</th>
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8) In the space to the right, please identify, to the extent possible, how you plan to modify your school budget to cover additional costs. If applicable, identify external funding sources. Please use the budget template on the next page to provide the estimated costs of the proposed concept.

There is no effect on the school’s budget.