

**Instructional Plan for Independent Study/Mentor Program**

**Student's Name:** \_\_\_\_\_ # \_\_\_\_\_ HR \_\_\_\_\_

**Address:** \_\_\_\_\_

**City, ST & Zip:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Area of Study:** \_\_\_\_\_

**Teacher/Adviser:** \_\_\_\_\_

I agree to act as a voluntary adviser and to work with the student according to the regulations for Educational Options. I have developed the following instructional plan and am submitting it for prior approval.

\_\_\_\_\_  
Teacher's Signature

\_\_\_\_\_  
Date

**Mentor (if applicable):** \_\_\_\_\_

I agree to act as a voluntary mentor and to work with the student according to the regulations for Educational Options.

\_\_\_\_\_  
Mentor's Signature

\_\_\_\_\_  
Date

**Program Goals for Physical Education:**

1. The student will learn concepts of developing and maintaining physical fitness.
2. The student will develop positive interpersonal relationships through the medium of games and sports.
3. The student will demonstrate appropriate emotional behavior through the give and take of games and sports.
4. The student will develop proficiency in leisure time skills and will utilize these skills for relaxation and recreation.
5. The student will acquire knowledge of physical education and will develop the ability to interpret and apply this knowledge.
6. The student will perform physical movement with as little expenditure of energy as possible and in a proficient, graceful and aesthetic manner.

Expected date of completion: \_\_\_\_\_

[Adoption date: August 18, 1993]