



The exercise requirement is for Freshman, Sophomores, Juniors, and Seniors. Freshman automatically complete **one semester** of the exercise requirement through the required Lifelong Fitness Class.

Semester 1 of 2019-2020 (Fall): Students are required to complete 14 weeks of the exercise requirement

Semester 2 of 2019-2020 (Spring): Students are required to complete 17 weeks of the exercise requirement

Students not participating in any sports or PE classes:

- Exercise at least three times a week for a minimum of thirty minutes during each session

Students participating in the musical (in Musical Cast):

- Will receive credit during the entire time period including practices and productions
- They will need to complete 8 weeks of approved physical activity before the musical practices begin and 4 weeks after the musical ends
- If they are in a fall or spring sport in addition to the musical, they will still need to complete the requirement (either 8 weeks in fall or 4 weeks in spring) for the semester that they are NOT in a sport
- Students participating in the play will still need to complete the exercise requirement during training and rehearsal periods
- Students in musical crew and orchestra pit will receive credit only during weeks of their rehearsal (approx. late February to Mid March)
- Mr. Perkins will obtain a list of those participating in the Musical from Ms. Roncone

Students actively participating in Club Sports outside of Prairie:

- Must receive approval in advance from Mr. Perkins
- Must log hours (see “Logging Hours” section below)
- Practice and competition must meet a minimum of 3 times each week to fulfill the requirement. Any less than 3 times each week requires an approved additional day of exercise.

Students actively participating in a PE class, an interscholastic sport, or an approved personal fitness program fulfill the requirements as follows:

- Fall only Interscholastic Sport participation fulfills the entire Semester 1 requirement
- Spring only Interscholastic Sport participation fulfills the entire Semester 2 requirement
- Winter Only Interscholastic Sport participation: Students competing in only a winter sport will still need to complete 6 weeks before the sport begins in the fall, and 6 weeks after the sport is completed in the spring.
- Two Interscholastic Sport athletes meet the exercise requirement for the entire year
- Semester 1 and Semester 2 PE Classes respectively fulfill the Semester 1 and Semester 2 requirements
- Students who opt for a personal fitness program must receive approval in advance from Mr. Perkins

Logging Hours: Students must log their exercise requirement submission and verification via the GoogleForm.

If you have any questions please contact Zach Perkins, Fitness Center Director.

Zach Perkins

Strength and Conditioning Coach
Fitness Center Director
Associate Athletic Director

The Prairie School

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