



Off Campus PE Credit from Klein ISD

To receive credit, a student athlete must demonstrate mastery and understanding of concepts including, but not limited to:

- Standard 1:** Show competency in a variety of motor skills and movement patterns.
- Standard 2:** Apply the knowledge of concepts, principles, strategies, and tactics related to movement and performance.
- Standard 3:** Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
- Standard 4:** Exhibit responsible personal and social behavior that respects self and others.
- Standard 5:** Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

To receive credit, a student athlete must be enrolled into one of the following options at a minimum:

FALL, WINTER, & SPRING SEMESTER REQUIRED FOR FULL CREDIT

OPTION 1: Legacy Soccer Program (Full Year Commitment)

- 2 Training Session per week (4 Hours)
 - o 30 minutes per week of Speed and Agility training
 - o 30 minutes per week of classroom material
 - tactics, nutrition, social issues, leadership training, self-care, etc.
 - o 3 hours of team or individual training sessions per week
- 1 Hour of Soccer Instructional Development
 - o 5v5 Referee once per week or,
 - o Jr Assistant for a Skills Class or Team Practice

Weekly Hourly Commitment: 5.0 hours

Option 2: uScore Soccer Impact Program plus Additional Training

FALL and SPRING Commitment

- Impact Soccer Program (Total 2.5 hours)
 - o 1.5 hours per week of team-oriented training
 - o 1.0 hour per week of skills and fitness
- Training Program Add On (Total 2.5 hours)
 - o 1.25 hours Plus Session
 - o 1.0 hour Speed Class or Goalkeeper Class (or both)
 - o 1.0 hour Soccer Instructional Development
 - 5v5 Referee once per week or,
 - Jr Assistant for a Skills Class or Team Practice

WINTER Commitment

- Winter Program (Total 5 hours)
 - o Required: 2.5 hours Plus Session (2 x 1.25 hour sessions per week required)
 - o Required: 2.5 hours total of
 - 1.0 hour Speed Class or Goalkeeper Class (or both)
 - 2.0 hour Soccer Instructional Development
 - 5v5 Referee once per week or,
 - Jr Assistant for a Skills Class or Team Practice

Weekly Hourly Commitment: 5.0 hours