

22-23 Bridgepoint Additional Learning Options for PE(revised 12/16/22)

*This document is also explained in English and Spanish on our YouTube channel, **Alt Ed NUSD**.*

The following options are available to Bridgepoint students to earn PE credits for the 2022-2023 school year. **If enrolled in a PE class, students must be passing to complete options other than the visual aids.**

- Nike Run Club app: Students download the application onto their smartphones. They can email a screenshot of the app on their phone to their PE teacher or principal. Students must provide a screenshot of their activity log from the app that shows date, total time and/or miles logged by the day before the quarter ends. **12 hours are equivalent to 1 academic credit. This is for a maximum of 2 credits total.**
- Visual Aid Projects: These projects are each worth a half credit and can be submitted for **a maximum of 2 credits total**. Guidelines are available on our website.
- Gym membership: Proof of membership and hours attended must be provided by the gym before the end of the quarter. 12 hours are equivalent to 1 academic credit. **This is for a maximum of 2 credits total.**
- Sports packets: These packets are available by request from the Principal. Students read the chapter and complete the written questions. **The 8 completed packets are equal to a half credit.**