

Activity Log for PE



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|----------------------|--|---------------------|--|
| Student Name: | | Grade Level: | |
| Parent Name: | | School Year: | |
| Advisor: | | Date: | |

Parent Signature: _____ Advisor Signature: _____

½ Credit is equivalent to **67.5 hours of activity**.
 Student cannot claim more than **2 hours per day**.
 Please list date, activity, amount of time spent, and cumulative hours.
 High School Students cannot claim school sponsored sports.

Physical Education Standards and Objectives

| | Yes | No |
|---|-----|----|
| Participates in at least 2 lifetime activities | | |
| Understands and exhibits safety during PE activities | | |
| Can identify major muscle groups and body systems http://study.com/academy/lesson/muscle-groups-lesson-for-kids.html | | |
| Regularly participates in physical activities | | |
| Keeps an activity log or journal | | |
| Uses technology to monitor activity (i.e. heart rate monitor, apps, pedometer, etc.) | | |
| Designs a fitness program to meet personal needs/goals http://www.idealit.com/fitness-library/designing-fun-fitness-programs-for-kids | | |
| Demonstrates leadership in PE activities | | |
| Follows rules and is responsible in PE activities | | |
| Exhibits sportsmanship | | |
| Finds enjoyment in PE activities | | |
| Exhibits perseverance by working hard | | |
| Challenges him/herself in PE activities | | |
| Meets fitness standards for students of similar age/gender http://www.newton.k12.in.us/hs/pe/images/physical-fitness-guide.pdf | | |

P.E. Activity Log Sheet

| Date | Activity | Amount of Time | Cumulative Hours |
|------|----------|----------------|------------------|
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(You may use multiple sheets if more space is needed) →

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