NAME: \_\_\_\_\_\_\_\_\_\_\_\_ Physical Education Activity Log 2014-15

GRADE :\_\_\_\_\_\_\_ PERIOD: \_\_\_\_\_\_\_\_\_

DUE DATE:\_\*\*March 12th and 13th\*\*\_\_\_\_

PARENT/GUARDIAN EMAIL ADDRESS:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Students are responsible to complete their log sheets. Parents are encouraged to get involved with the activity log but are not required for a student to receive full credit for this assignment.***

**Log Guidelines:**

1. The Physical Education Activity Log will account for 15% of the total Nine Weeks grade. The Physical Education Activity Log grade will consist of two parts: Activity hours are 90% and reflections are 10% of the grade.
2. Students are responsible for completing 20 activity hours per quarter and, as a minimum, a ½ page typed (double spaced) reflection in paragraph form. This should be included at the bottom of this document.
3. Students can receive up to 10 extra credit points for 10 hours of parent/guardian participating with the student during the activity. Student must include parent/guardian email address for extra credit to be given.
4. The final due date for the 1st Quarter Physical Education Activity Log is **Thursday March 12th (B-Day) / Friday March 13th (A-Day).** Students will lose 10 points for each school day the Physical Education Activity Log is late.
5. Add rows to this chart as needed to show completion of the 20 hours. **Add a row for each individual day’s activities**. Even if you do the same activity for the entire activity log. (Example: soccer practice on Monday, Wednesday, and Friday should be entered on 3 separate rows.)

**Instructions:** This assignment will be submitted into each student’s Office 365 PE Folder. Additional copies of this form are available for download on Mr. Laube’s and Mr. Moore’s class website.

1. **Record each day’s activities in its own row**. Create as many rows as necessary.
   1. Example: Soccer 3 days a week= 3 separate rows
2. Complete the activity summary telling briefly what you did

Failure to follow instructions will result in your grade being lowered by 10 points.

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| --- | --- | --- | --- | --- |
| **ACTIVITY** | **ACTIVITY**  **DATE** | **HOURS**  **Round to the nearest quarter hour (.25,.5,.75)** | **Activity Summary**  **Tell me what you did during your activity** | **Parent involvement**  **\_\_\_\_\_ Hrs.** |
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| **TOTAL TIME** | \*\*\*\*\*\*\*\*\* |  | \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* |  |

\*REMEMBER TO INCLUDE YOUR REFLECTION

Reflection paragraphs can address some of the following questions: How did you feel about your activities? What activities helped you improve the most? Which of the activities would you include/not include the next time? Why or why not?

Reflection

I felt my activities this quarter…