

<b>Student Name:</b>		<b>Grade Level:</b>	
<b>Parent Name:</b>		<b>School Year:</b>	
<b>Advisor:</b>		<b>Date:</b>	

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

Skill/Objective	Beginner	Developing	Skilled
Participates in at least 2 lifetime activities			
Understands and exhibits safety during PE activities			
Can identify major muscle groups and body systems <a href="http://study.com/academy/lesson/muscle-groups-lesson-for-kids.html">http://study.com/academy/lesson/muscle-groups-lesson-for-kids.html</a>			
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 <a href="http://www.ideafit.com/fitness-library/designing-fun-fitness-programs-for-kids">http://www.ideafit.com/fitness-library/designing-fun-fitness-programs-for-kids</a>			
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 (use national tools for reference) <a href="http://www.newton.k12.in.us/hs/pe/images/physical-fitness-guide.pdf">http://www.newton.k12.in.us/hs/pe/images/physical-fitness-guide.pdf</a>			

## P.E. Activity Log Sheet

Date	Activity	Amount of Time	Cumulative Hours

(You may use multiple sheets if more space is needed) →

