NAME: \_\_\_\_\_Dicey Langston\_\_\_\_\_\_\_ Physical Education Activity Log

GRADE :\_\_7\_\_\_\_\_ PERIOD: \_\_\_\_6B\_\_\_\_\_\_1st Quarter 2014-15

DUE DATE:\_\*\*OCTOBER 14-15\*\*\_\_\_\_

PARENT/GUARDIAN EMAIL ADDRESS:\_\_\_\_\_\_\_Dicey’sParents@PalmettoState.com\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***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. Reflection paragraphs can address some of the following questions: What activities helped you improve the most? Name and describe all of the physical fitness components used during the activity? What was the student’s overall experience while completing his/her activity hours? Which of the activities would you include/not include the next time? Why or why not?
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 **Monday January 6th (A-Day) / Tuesday January 7th (B-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 30 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. Please submit the reflection and the activity log in one document. 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)**  **(3pts per hr)** | **Activity Summary**  **Tell me what you did during your activity** | **Parent involvement**  **\_\_\_\_\_ Hrs.** |
| Swim practice | 10/20 | 2 | Swam 50m warmup, practiced turns and blocks, swam 200 x 4, dry land |  |
| Soccer practice | 10/21 | 1.5 | Warmup drills, touch drills, offense drills, Scrimmage, conditioning sprints |  |
| Walked around the neighborhood | 10/22 | .25 | Walked about a mile in my neighborhood |  |
| Soccer Practice | 10/24 | 1.5 | Warmup drills, practiced corner kicks, did wolfpack drill, conditioning sprints, scrimmage |  |
| Yard work | 10/23 | 3 | Mowed the lawn, raked leaves | 3 |
| **TOTAL TIME** | \*\*\*\*\*\*\*\*\* | 7.75 | \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 3 |

\*REMEMBER TO INCLUDE YOUR REFLECTION

Reflection

This is the part of the project where you get to talk about how you feel about your experiences during your activity log. You can talk about how your favorite activity and why you liked it so much. You could also mention things that you realized about yourself because you did the activity such as “I learned I could run farther than I thought I could” or “I found out that it wasn’t very hard for me to run after I had done it for a few times.” You could also talk about the things that you did that you found out were not quite as enjoyable for you. It would be good to mention why you thought you didn’t like that activity. Try to look at your activities and figure out what areas of fitness you were using. Including some ideas you may like to use next quarter would be a great idea. Make sure your reflection is at least a half a page and shows that you thought about what you did during the quarter. When you are finished make sure you have added up the hours for yourself and your parent hours. Also, please make sure to upload your document to the Office 365 Physical Education Class folder. Starting early would be best so that if you have technology trouble you can get help from someone at school.