

PE Cover Sheet

STUDENT NAME (print): _____

Month # _____

Circle your grade level: 7 8 9 10 11 12

Parent signature is required; the activity log assignment earns no credit without a parent or coach signature to verify the logged activity was completed. **PARENTAL VERIFICATION: "I verify that my student engaged in the minutes of sustained fitness activities listed in the attached log."**

Parent Signature: _____ Date: _____

Part 1: DETAILED PHYSICAL ACTIVITY LOG. The requirement is 200 minutes per week, about 3.5 hours, or about 45 minutes daily. The activities should be varied, within reason, so a student's body is maintained or strengthened in different ways.

Part 2: REFLECTION ESSAY. This is a typewritten report about how the month's physical activities have helped the student's overall personal fitness plan. Students should write about how they are improving, or injuries, or changes they have made, or anything that is reasonable about the physical activities they participated in during the month, with the focus on the things that are listed in the log (part 1 above). The report must be typewritten, and it must be about 150 to 200 words long. NOTE: The minimum, 150 words, would be about a "C-" grade for the essay. An "A" grade means someone goes beyond what is required. This means that students who want to earn an "A" grade will submit a well-written, thoughtful essay that is more than 200 words.

REQUIRED: Print out two copies of this Reflection Essay; give one copy to the supervising teacher as the audit file page for PE for the month, and put the other copy with this cover sheet for grading.

Part 3: PE CONTENT ASSIGNMENT. This assignment varies by teacher and grade level; please check with your supervising teacher for the requirements for the current month and go to the P.E. header tab on the Mt. Everest Academy website.

California Education Code, section 51222 specifies the required legal minimum of 200 minutes of PE per week for grades 7-12. For independent study verification, student may be asked to demonstrate activities such as running, calisthenics, or other fitness performances as determined appropriate by their teacher.

Physical Education Standards Addressed:

- Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.
- Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
- Students demonstrate knowledge of psychological and sociological concepts, principals, and strategies that apply to the learning and performance of physical activity.