

Name: _____

PLEASE PRINT

Student Number: _____

Daily Physical Activity Log – Grade 12

Please if you are taking:

PE 12

Strength & Conditioning 12

Hockey Academy

NOTE: You are required to complete 130 hours of physical activity over your grade 11 and 12 years. If you are enrolled in PE, Hockey Academy or Strength and Conditioning this counts for 120 hours of physical activity (if you attend EVERY class!), however, you are still required to show an additional 10+ hours of P.A.

You must have your PE teacher initial the extra sheet !

Sample Daily Physical Activity Log Activities. Physical activity should be moderate to vigorous!

- Walking to and from school, walking to and from work, walking (your dog or anywhere), hiking, cycling (any type), spin class
 - Inline skating, skate boarding, skiing, snowboarding, wake boarding, water skiing, swimming, running
- Playing on a sports team or individual activity, weight lifting, yoga, Pilates, aerobics class, exercise video
 - Drop in sport, martial arts, horse back riding, dance (any kind)
 - Any thing else must be approved by a Grad Transition Advisor!

Month	Activities	Minutes/ Hours	Grad Trans Advisor <input checked="" type="checkbox"/>
Example	Walked to school at a moderate pace 5X per week (20 minutes to school; 20 minutes home) = 40 minutes X 5 = 200 minutes ÷ 60 = 3.3 hours per week X 4 weeks = Went snowboarding at Grouse Mnt. 9am-4pm (1/2 lunch break)	13 hours (month) <u>+ 6.5 hours</u> =19.5 hours	

Month	Activities	Minutes/ Hours	Grad Trans Advisor <input checked="" type="checkbox"/>
September			
October			
November			End of Term 1 All entered <input type="checkbox"/> Not entered <input type="checkbox"/> Initials _____
December	<i>*Ensure that you have enough P.A hours, even with 2 weeks holidays!</i>		
January			
February			

March	<i>*Ensure that you have enough P.A hours, even with 1 week holidays!</i>		End of Term 2 All entered <input type="checkbox"/> Not entered <input type="checkbox"/> Initials _____
April			
May			
June			

Total Hours for the year (This MUST be **130+** Hours): _____