

Robein Jr. High P.E.

100 Minute Weekly Activity Log

Name _____

PE Hour _____

| Day | Date | Type of Activity | Time Spent |
|-----------|------|-----------------------------|------------|
| Friday | | | |
| Saturday | | | |
| Sunday | | | |
| Monday | | | |
| Tuesday | | | |
| Wednesday | | | |
| Thursday | | | |
| | | Total Minutes In The Week = | |

Requirements:

- 1 Activity log sheets are due to the PE teacher every Friday at the beginning of class. If there is no school on Friday, it will be due the last day of that week. If a student is absent on the due date, it will be due on their first day back to school during their PE hour. He/she should write absent on the top of their paper so the proper points will be awarded.
- 2 Activity logs will only be accepted on the due date for full credit (25 points) and must be on the provided form. Late papers will not be accepted, and the student will receive a zero for that weekly assignment. Extra credit will not be available.
- 3 Each week must have at least 3 days of activity adding up to 100 or more minutes.
- 4 No credit (a zero) will be given on papers that do not include all of the following:
 - ☐ 3 or more days of activity
 - ☐ 100 or more minutes
 - ☐ Student's first and last name, PE hour
 - ☐ Date of the activity (month and day)
 - ☐ Student's specific activity or type of exercise (excludes activity during the school day 8:00 - 3:00)
 - ☐ Time spent in each activity
 - ☐ The total number of minutes calculated at the bottom of the log