



Waterloo Jr. High P.E. 100 Minute Weekly Activity Log

Name _____ PE Hour _____ Group # _____

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

Requirements:

1. Activity log sheets are due to the PE teachers 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 (10 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, and group #
 - 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

Due Dates for 2013-14:

1st Quarter

Friday, August 30
 Friday, September 6
 Friday, September 13
 Friday, September 20
 Friday, September 27
 Friday, October 4
 Friday, October 11
 Friday, October 18

2nd Quarter

Friday, October 25
 Friday, November 1
 Wednesday, November 6
 Friday, November 15
 Friday, November 22
 *Friday, December 6
 Friday, December 13

3rd Quarter

*Friday, January 10
 Friday, January 17
 Friday, January 24
 Friday, January 31
 Friday, February 7
 Friday, February 14
 Friday, February 21
 Friday, February 28

4th Quarter

*Friday, March 21
 Friday, March 28
 Friday, April 4
 Friday, April 11
 Thursday, April 17
 Friday, April 25
 Friday, May 2
 Friday, May 9

* no assignment was collected the previous week due to a holiday or ISAT testing