LCS Physical Education Activity Log

Physical Education is a required class worth .5 credits for the 2020-2021 school year. We at Life Church School view PE as more than just a class, but as a way to build a healthy pattern of physical activity into the lives of our young people.

With PE being homebound this semester, students will be expected to do 120 minutes of physical activity a week and record their activity and time in the log below. Parents are asked to initial each time of PE. The form will be turned in at the end of each month.

The grade will be calculated by total minutes required in a month by total minutes completed in a month.

August – 120 minutes September – 540 minutes October – 540 minutes

November – 420 minutes December – 360 minutes

Total minutes 1st semester -

Students can do variety of activities to meet this time requirement. Such as, walking, sports, working out, or dancing.

Students Name:_____ Month:_____

Date	Activity	Time Started	Time Ended	Total Minutes	Parent Initial