**Physical Education Activity Log 2021-2022**

**Log Guidelines:**

1. The Activity Log will count as a **Major Grade** for the Nine Weeks grade. An Activity Log counts the same as a test grade. Students will have two or three Activity Logs due each quarter.
2. Students are responsible for completing **6** activity hours every month. Each Activity Log will be due on the last Monday of the month. Hours must be completed within the month. (**No roll over hours**)
3. If Activity Log is turned in late, 10 points will be deducted for each day it is late (including weekends and days you do not have PE). All activity logs are due on a Monday. Students will have until Friday to turn them in. Beyond on that point, students will receive a zero on the assignment.

**Turning It In:**

1. Activity Logs are to be turned in on **Microsoft Teams**.
2. Copies of this form are available for download on Mr. McKenzie’s and/or Mr. Moore’s class website if needed.
   * If Teams is not working for you, you can download the form and email it to your teacher.
3. Activity Logs must be turned in by 11:59 PM on the night of the 25th.

**Instructions:**

1. **Record each day’s activities in its own row**. Create as many rows as necessary.
   * Example: Soccer 3 days a week= 3 separate rows
   * **Add a row for each individual day’s activities**. Even if you do the same activity for the entire activity log. (Example: soccer practice on Monday, Wednesday, and Friday should be entered on 3 separate rows.)
2. Each Activity Summary must be **TWO COMPLETE SENTENCES**. Failure to do so will result in a 10 point deduction. Sentences must also include details explaining the activity. We expect quality work. Sentences such as “It was hot.” or “I was tired.” are not considered quality work and will result in point deductions.

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| **ACTIVITY** | **ACTIVITY**  **DATE** | **ACTIVITY SUMMARY**  **Tell me what you did during your activity**  **(Two complete sentences)** | **HOURS**  **Round to the nearest quarter hour (.25,.5,.75)** |
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| **Total Hours** | \*\*\*\*\*\*\*\*\*\*\* | \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* | 6 |