

Canyon Crest Academy 2008-2009 Music Program INDEPENDENT PE LOG

Student Name: _____ Log # _____ (due on Fridays)

<u>Mile run</u>	<u>Sit-Ups</u>	<u>Push-Ups</u>	<u>Stretching</u>
<i>Time:</i>	<i>Number:</i>	<i>Number:</i>	<i>Time Spent:</i>
<i>Time:</i>	<i>Number:</i>	<i>Number:</i>	<i>Time Spent:</i>
<i>Time:</i>	<i>Number:</i>	<i>Number:</i>	<i>Time Spent:</i>
<i>Time:</i>	<i>Number:</i>	<i>Number:</i>	<i>Time Spent:</i>

REMAINING ACTIVITY LOGGED BELOW:

Date	Type of Activity	Location	Duration
total			

The total minutes must amount to **more than 400 minutes** (6 hours and 40 min) per week. You can **attach** additional sheets listing activities if necessary

Student Signature: _____ Parent signature: _____

Mile run goals:

- 1st 8 weeks: under 12 minutes
- 2nd 8 weeks: under 10.5 minutes
- 3rd 8 weeks: under 9.5

Sit up numbers:

- 1st 8 weeks: 20
- 2nd 8 weeks: 35
- 3rd 8 weeks: 50

Push up numbers:

- 1st 8 weeks: 5
- 2nd 8 weeks: 10
- 3rd 8 weeks: 15

Stretching exercises:

20 minutes per week
(sit reach, shoulder stretch, torso stretch)

Due Every Friday

****on holiday, logs are due the next class period**

Canyon Crest Academy Envision Music Program
INDEPENDENT PE REPORT

Reports are due on the following days:

September 4, October 30, January 29, April 16, June 11

Complete your answers to the following questions on a separate sheet, and submit a copy *signed by you and your guardian.*

Student Objectives

1. Statement of Performance Objectives: (What is your physical fitness plan?) Please list your specific, measurable goals. Be sure to include the State tested elements (mile run, sit-ups, push-ups and stretching) as well as your own personal activity goals.
2. List and explain the major activities you have planned: (example: work-out schedule, lessons, performances, etc)
3. **To qualify for PE Credit, Education Code requires a minimum of 400 minutes every 5 school days.** Please indicate how you plan to fulfill this time obligation.
4. *After your initial report (due September 5)* Reflect on how you have modified your plan to help support your goals.