

## PE/Health Workout Log

### Class Description:

The student will participate in various physical activities in order to promote improvement of fundamental and complex motor skills, social skills and overall health. These activities may include, but are not limited to: walking, running, hiking, biking, basketball, football, softball, group games, swimming, rock climbing, aerobics, and electronic games/sports.

### Learning Materials: Main Curriculum:

No curriculum is needed.

Learning Goals/Performance Objectives: 1.1.1 Demonstrates mature form in locomotor skills that contribute to movement proficiency.

1.1.2 Demonstrates mature form in non-locomotor skills that contribute to movement proficiency.

1.1.5 Understands movement concepts.

1.2.1 Understands safety rules and procedures in a variety of physical activities necessary to maintain a safe-learning environment.

1.2.2 Applies social skills necessary for effective participation in physical activities.

Learning Activities: The student will engage in physical activities for 5 hours per week, or an average of 40 minutes to an hour each day. The student will record this physical activity in a logbook each week.

### Timeline/Goals:

September: Log activities for weeks 1-4

1.1.1 Demonstrates mature form in locomotor skills that contribute to movement proficiency.

October: Log activities for weeks 5-8

1.1.2 Demonstrates mature form in non-locomotor skills that contribute to movement proficiency.

November: Log activities for weeks 9-11

1.1.5 Understands movement concepts.

December: Log activities for weeks 12-15

1.2.1 Understands safety rules and procedures in a variety of physical activities necessary to maintain a safe-learning environment.

January: Log activities for weeks 16-20

1.2.2 Applies social skills necessary for effective participation in physical activities.

February: Log activities for weeks 21-23

1.1.1 Demonstrates mature form in locomotor skills that contribute to movement proficiency.

March: Log activities for weeks 24-27

1.1.2 Demonstrates mature form in non-locomotor skills that contribute to movement proficiency.

April: Log activities for weeks 28-30

1.1.5 Understands movement concepts.

May: Log activities for weeks 31-34

1.2.2 Applies social skills necessary for effective participation in physical activities.

June: Log activities for weeks 35-36

1.1.1 Demonstrates mature form in locomotor skills that contribute to movement proficiency.

Progress Criteria/Methods of Evaluation: Student will pass this class by submitting completed exercise logs for 70% of the required hours/goals at a minimum of 70% participation.