

LIGHTHOUSE CHRISTIAN ACADEMY

High School Physical Education Record Sheet

Student Name _____ Account # _____ School Year _____
 Account Name _____ Start Date _____ End Date _____

1st Semester		Monday		Tuesday		Wednesday		Thursday		Friday		Week Total
Wk. #	Date	Hrs.	Act.	Hrs.	Act.	Hrs.	Act.	Hrs.	Act.	Hrs.	Act.	
1st Semester Total												

2nd Semester		Monday		Tuesday		Wednesday		Thursday		Friday		Week Total
Wk. #	Date	Hrs.	Act.	Hrs.	Act.	Hrs.	Act.	Hrs.	Act.	Hrs.	Act.	
2nd Semester Total												

Add 1st and 2nd semester totals for Year Total

		Mon.		Tues.		Wed.		Thurs.		Fri.		Wk. Total
Wk. #	Date	Hrs.	Act.	Hrs.	Act.	Hrs.	Act.	Hrs.	Act.	Hrs.	Act.	
1	9/4	1	2	0	X	0.5	5	0	X	1.5	6	3

- In the Wk. # (week number) column, record school week number.
- In the Date column, record the first day of the week.
- In the Hrs. (hours) column, record the time period of physical activity for that day. Round the time to the nearest tenth.
- In the Act. (activity) column, record the physical activity performed using the corresponding number from the Activity Key.
- At the end of each week, record the total hours for the week.
- At the end of each semester, add the weekly totals.
- At the end of the year, add semester totals and enter in Year Total.

Note: The student must participate in P.E. for at least 2 hours per week in order to receive 0.5 high school credit (for a total of 72 hours).

Please fill in the Activity Key with seven of your most frequent physical activities.

Activity Key

1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____ X. <u>Day off</u>	Suggestions: Aerobics Archery Basketball Biking Fitness walking Jogging Swimming Weight lifting
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Signed _____ Date _____

(To be signed by the parent/supervisor. Please send this record sheet listing your yearly total along with your final Master Record Sheet to LCA at the close of the study year for high school credit.)