

INDEPENDENT STUDIES – PHYSICAL EDUCATION

1. Keep an Exercise Journal of all your physical activities.
2. Do something for every day you are gone.
3. Record what you did, how long and with whom.
4. Write a 5 sentence (or more) paragraph talking about the activity, how you felt about it and what you liked and didn't like about the activity.
5. Keep a food log on the same page. List everything you eat that day.
6. Have your parent/guardian sign and date each page

Example:

March 4, 2015

Activity: hiking

Time: 4 hours

With whom: my cousins

On Thursday my cousins and I hiked to the top of Vernal Falls and back in Yosemite National Park. We had a great time. The weather was cool and crisp. The hike was easy in some parts and hard in others. We got wet from the mist of the falls. We ate our lunch at the top and then hiked back. It was fun.

Food Log

2 eggs	apple	Snapple	chef salad w/ ranch
1 toast	turkey sandwich	grapes	5 chicken wings
Glass of milk	ranch Doritos	2 slices of pizza	strawberry milk shake

I drank 7 glasses of water

Signed by parent _____

South Tahoe High School

Physical Education Department