**Physical Education Home Exercise Program**

1. You are required to engage in physical activity outside of P.E. on a weekly basis.
   1. The activity must be a form of exercise other than what you do normally. This means that activities such as doing yard work or other home chores, walking/riding to and from school, etc. do not count.
   2. You must engage in **a minimum of** **30 minutes of physical activity on each day** listed, and you must engage in a total of **5 days minimum** (INCLUDING P.E. DAYS) of activity each week. You may not engage in activity outside of class on the same days that you have P.E. and count it towards your 5 total days!
2. Filling out your activity log
   1. **Time** – fill in the total time you engaged in the activity.
   2. **Activity** 
      1. You must list each DIFFERENT activity you engaged in on that day (For example, run, push ups, sit ups, bike riding, etc.) There is box for muscular strength and endurance (exercises, for example) and a box for cardio (walking, running, biking, etc.).
      2. If you list a sport (circle either practice or game for each day), describe the different activities you personally engaged in during that time (For example, a baseball player might list, “fielded grounders, jogged, batting practice,” etc. during one practice)
   3. **Signature** – please have a parent/guardian signature for each day of activity.

**Examples:**

**Cardio**  **Strength**

Jogging/running Situps

Bike Riding Pushups

Skateboarding KJHS Exercises

Dancing Weight Lifting

Swimming Pilates

Student Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_