**P.E. Notebook Set-up**

Divide your notebook into 4 sections. Make sure your sections have some kind of “divider” to quickly turn from one section to another. Label your sections in the following way:

**Section 1**

Charts - 3 pages

Charts must have a spot for date, run/cardio workout, time, and active heart rate.

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Run/Cardio** | **Time** | **Active HR** |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

**Section 2**

Notes - 30 pages

**Section 3**

Classwork - 20 pages

**Section 4**

Grades - 1 page

Make a list of units 1 - 10 with a space for recording your “overall” percentage

|  |  |
| --- | --- |
| First Semester | Second semester |
| Unit 1 = | Unit 6 = |
| Unit 2 = | Unit 7 = |
| Unit 3 = | Unit 8 = |
| Unit 4 = | Unit 9 = |
| Unit 5 = | Unit 10 = |