

F.I.T.T LOG / VACATION LOG

Since you are missing PE and it's an activity-based class you will be required to do the following log if you wish to make-up your points while you are gone. If you don't get this log from us before you leave then the only time you can make-up your days is during I-flight or make-up Wednesday. So, plan accordingly and ask us before you leave. F= Frequency, how often did you do the activity? (Every school day missed = 1 log entry)

I= Intensity, what was your heart rate during the activity? (Age 12-13- heart rate has to be 176-146 for 30 of 40 minutes. Age 14-15- heart rate has to be 175-145 for 30 of the 40 minutes.)

T= Time, how long did you do the activity? (40 minutes minimum)

T= Type, what kind of activity did you do? (Cardiovascular, muscle strength, muscle endurance, flexibility, or combination of these) Describe what and how you did the activity and how you felt during the activity.

Also, we as coaches need to see what your student was doing so that we might be able to give them feedback as to how to perform the skill better so we need 5-10 minutes of video or some pictures of them performing the skill so that feedback can be given so that they can learn from their activity since they are missing instruction time in class. You can send them to our emails.

Here are the standards we are looking for:

1. Demonstrate the correct technique for a variety of locomotor skills.
2. Identify and demonstrates activities that participation in can improve each component in health-related fitness (e.g., strength, muscular endurance, cardiovascular endurance, flexibility).
3. Demonstrate through participation, ways to link and transfer basic manipulative skills and concepts to specialized sports' skills.
4. Participate in aerobic and anaerobic activities that will promote health-related fitness.
5. Demonstrate individual competency in one or more aerobic and anaerobic skills that promote health-related fitness.
6. Observe and improve movement skills, using videography and digital photography to provide feedback and self-analysis.

Frequency (Date)	Intensity (Heart-rate)	Time (Minutes)	Type (Cardiovascular, muscle strength, muscle endurance, flexibility, or what combination of these)	Description and feelings on activity done

Student Signature

Date

Parent Signature

Date