

Point Pleasant High School P.E. Non-Traditional Packet

The daily recommendation for physical activity for children 6 years and older is **at least 60 minutes per day**. To keep track of whether or not students are meeting this recommendation on days that school is cancelled, students are responsible for keeping an activity log.

The minimum requirement is that a student participate in physical activity outside of school for at least thirty minutes. Students are responsible for recording the physical activity that they participate in on any Snow and Go Day, as well as obtaining parent/guardian signature. Activities may include but are not limited to completing a workout at a wellness center, completing an extracurricular practice, completing an exercise video, taking a walk, shoveling snow, etc.

Activity logs are due on the day students return to school and are worth a total of 10 points.

Any questions Physical Education teacher's may be contacted via school email or live grades messenger.

Mr. Darst email- ddarst@k12.wv.us

Mr. Withrow email- dwithrow@k12.wv.us

Name: _____

Period: _____

Point Pleasant High School Physical Activity Log

	Day 1	Day 2	Day 3	Day 4	Day 5
What I Did					
How Long					
With Whom					

(Parent/Guardian Signature) _____

(Date) _____

(Student Signature) _____

(Date) _____