



Westerville City Schools

Grade 6 & 8: Phys. Ed.

Learning Targets:

Student will participate in physical activity in order to meet the recommended daily activity time of 60 minutes.

Standard 3: Participates regularly in physical activity.

Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

Materials Needed:

This will be determined by each student based on the chosen activity.

Tasks: Complete the form on second page.

Evaluation/Assessment: Complete questions on form.



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Outside of Class Activity Form

**Complete any physical activity outside of your regular Physical Education class and record the details on this form.*

Date activity occurred: _____

Time activity occurred: _____

Duration of Activity: _____



Type of Physical Activity (circle all that apply):

Aerobic	Anaerobic	Sport	Dance	Flexibility	Muscular
Fitness	Recreational	Aquatic	Indoor	Outdoor	
Individual	Partner	Group/Team			

Intensity of Physical Activity: High Medium Low

How do you know?

Location of Physical Activity (name, address, phone number, contact person):

Write a **detailed report** of what you did during your physical activity from the beginning to the end. Things to get you started; **what did you do, with who, where, and why?** This should be a story telling me not only what you did, but **how you felt** and **what you were thinking** throughout the duration of the activity.



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Would you do this activity again? Yes No

Why or why not?

Would you recommend this activity to another student in class? Yes No

Why or why not?

Would your PE teacher enjoy this activity? Yes No

Why or why not?

Why or why not?

Your signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____

****Make sure both front and back are fully completed before turning in!***

