



# Westerville City Schools

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## **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?

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

Why or why not?

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Would your PE teacher enjoy this activity? Yes No

Why or why not?

Why or why not?

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Your signature: \_\_\_\_\_

Date:

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Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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

