

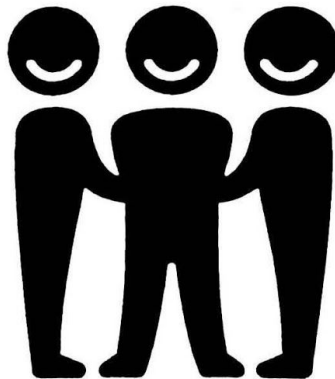
Physical Education 30



Activity



Benefits Health



Cooperation



Do it Daily...For Life!

Assignment Booklet Volunteer Component

Volunteering is the practice of people working on behalf of others or a particular cause without payment for their time and service. Volunteering is considered an unselfish act.

What does it take to be a volunteer?

CARING... enough to do something

INITIATIVE... to turn your caring into action

COMMITMENT... to follow through on responsibilities to which you have agreed

For this portion of the PE course, remember that your volunteering must be in a placement where somebody else is active because of your volunteering.

**** Remember that you MUST submit 3 pictures of you volunteering. Your hours will not count without the pictures.****

Completion Directions:

1. Complete the log for your volunteer hours. **Your mentor/supervisor will sign the log one time**, when you have finished all 10 volunteering hours.
2. Have your volunteer mentor/supervisor fill in the two page evaluation after you have finished all 10 hours of volunteering. Again, a physical signature from the mentor is required.
3. Complete the reflection questions.
4. Submit a volunteer package to the course that contains:
 - Volunteering log sheet
 - Mentor/Supervisor Evaluation (2 page document)
 - Volunteer Reflection
 - Minimum of 3 pictures of volunteer

Volunteering Log Sheet

Student Name: _____

Mentor and/or Supervisor Name: _____

Location: _____

Dates: From: _____ To: _____

Day	Volunteer Activity Performed (include details)	Time Spent Doing Activity
Date:		
Date:		
Date:		
Date:		
Date:		
Date:		
Date:		
Date:		
Date:		
Date:		
Date:		
Date:		
Date:		
Date:		
Date:		
Date:		

Comments from Mentor and/or Supervisor:

Student Signature: _____

Mentor and/or Supervisor's Signature:

Mentor and/or Supervisor's Phone:

Mentor and /or Supervisor's E-mail:

Volunteer Reflection

“A mind that is stretched by a new experience can never go back to its old dimensions.”

- Oliver Wendell Holmes

Please submit 3 photos of you volunteering along with the following questions.

1. Why did you choose to volunteer in this activity?

Answer:

2. What has been the best aspect of this experience?

Answer:

3. What skills did you use?

Answer:

4. What skills did you gain?

Answer:

5. How did your volunteering benefit others?

Answer:

6. What lessons and/or knowledge would you like to take with you into a possible future career?

Answer:

7. Based on your volunteering experience, of what are you most proud?

Answer:

8. During your volunteering experience, what was your biggest challenge? How did you handle it?

Answer:

Mentor and/or Supervisor's Evaluation of Volunteer Student

Name: _____ Date: _____

Location: _____

Please rate the student by clicking the box beside the number that best describes the student's performance.

RATING SCALE:

☐ 5 Excellent	☐ 2 Needs Improvement
☐ 4 Very Good	☐ 1 Unsatisfactory
☐ 3 Satisfactory	☐ 0 Not Applicable

PUNCTUALITY	RATING
Punctuality – on time.	☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1 ☐ 0
Attendance – regular.	☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1 ☐ 0

PERSONAL QUALITIES AND WORK HABITS	RATING
Cooperation – ability to work with others.	☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1 ☐ 0
Adaptability – ability to adapt to new tasks or situations.	☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1 ☐ 0
Willingness to accept suggestions for improvement.	☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1 ☐ 0
Dependability – fulfills commitments and promises.	☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1 ☐ 0
Reliability – completes tasks on time.	☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1 ☐ 0
Initiative – eager to learn.	☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1 ☐ 0
Demonstrates interests and enthusiasm for volunteering.	☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1 ☐ 0
General grooming and appearance.	☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1 ☐ 0

EXECUTION OF WORK DUTIES	RATING
Has the ability to learn.	☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1 ☐ 0
Uses equipment in an effective and safe manner.	☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1 ☐ 0
Completes tasks outlined.	☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1 ☐ 0
Is efficient.	☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1 ☐ 0
Works consistently and conscientiously.	☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1 ☐ 0

1. Student's strong points (talents or abilities, outstanding traits):

Answer:

2. Recommendations for students to improve:

Answer:

3. Other comments:

Answer:

Supervisor and/or Mentor's Name: _____

Date: _____

Supervisor and/or Mentor's Position: _____

Organization and/or Business:

Address: _____

Telephone: _____

E-Mail: _____

Physical Education – Volunteering Assignment Booklet Marking Summary

Volunteering Assignment Booklet	Possible Marks	Assessment
Volunteering Log Sheet: - Is filled in with details of activity./2 Use of proper grammar and spelling. /1 - Neatness /1 - Mentor and/or supervisor's signature /1 - Completed 10 hours /10	15	
Photographs/Video Photos and/or video are clearly visible and display a suitable image of the student engaged in volunteering.	5	
Mentor and/or Supervisor Evaluation	20	
Volunteer Reflection Questions Each question is answered in complete sentences with proper grammar, spelling and neatness.	10	
Total	50	