

PE 20 (5 Credit) Guide

Name:

Ph:

SN:

Course Content and PE Boot Camp

PE Boot Camp Quiz ☐

Safety Guidelines Quiz ☐

Course Forms (Course Plan Proposal and Waiver)

Course Forms
Submitted and Approved

Course Plan Proposal

Waiver

Submitted

Approved

-Enter date-

-Enter date-

-Enter date-

-Enter date-

Monthly Goals and Log/Reflections

	Monthly Log and Reflection					Number of Hours Logged Per Dimension Each Month				
	Completeness /10	Self-Assessment /12	SMART /5	Reflections /12	Total /39	Alternate Environment	Dance	Gymnastics	Games	Individual Activities
September					0%					
October					0%					
November					0%					
December					0%					
January					0%					
February					0%					
March					0%					
April					0%					
May					0%					
June					0%					
July					0%					
August					0%					
Total Hours										
Total Hour Mark						/50	/50	/50	/50	/50
Supervisor Declarations						/30	/30	/30	/30	/30
Photos and/or Videos						/20	/20	/20	/20	/20
Completed Dimension Mark						/100	/100	/100	/100	/100
70 hours minimum logged ☐		Total Hours:				Minimum 5 hours logged in 4 dimensions ☐				

Projects Completed

Daily Activity	/100	0%	Power of Athletics	/100	0%
Nutrition for Activity	/100	0%	Final Reflection	/100	0%
Cross Training	/100	0%	Dance	/100	0%

Volunteer Assignment (min. 10 hours) /100