

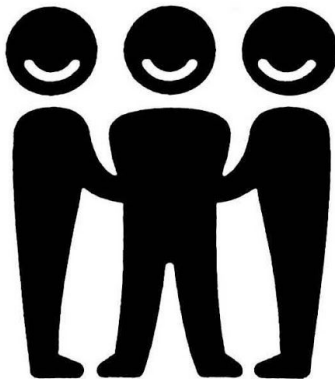
## Physical Education 20



**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:

<input type="checkbox"/> 5    Excellent	<input type="checkbox"/> 2    Needs Improvement
<input type="checkbox"/> 4    Very Good	<input type="checkbox"/> 1    Unsatisfactory
<input type="checkbox"/> 3    Satisfactory	<input type="checkbox"/> 0    Not Applicable

PUNCTUALITY	RATING
Punctuality – on time.	<input type="checkbox"/> 5 <input type="checkbox"/> 4 <input type="checkbox"/> 3 <input type="checkbox"/> 2 <input type="checkbox"/> 1 <input type="checkbox"/> 0
Attendance – regular.	<input type="checkbox"/> 5 <input type="checkbox"/> 4 <input type="checkbox"/> 3 <input type="checkbox"/> 2 <input type="checkbox"/> 1 <input type="checkbox"/> 0

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

EXECUTION OF WORK DUTIES	RATING
Has the ability to learn.	<input type="checkbox"/> 5 <input type="checkbox"/> 4 <input type="checkbox"/> 3 <input type="checkbox"/> 2 <input type="checkbox"/> 1 <input type="checkbox"/> 0
Uses equipment in an effective and safe manner.	<input type="checkbox"/> 5 <input type="checkbox"/> 4 <input type="checkbox"/> 3 <input type="checkbox"/> 2 <input type="checkbox"/> 1 <input type="checkbox"/> 0
Completes tasks outlined.	<input type="checkbox"/> 5 <input type="checkbox"/> 4 <input type="checkbox"/> 3 <input type="checkbox"/> 2 <input type="checkbox"/> 1 <input type="checkbox"/> 0
Is efficient.	<input type="checkbox"/> 5 <input type="checkbox"/> 4 <input type="checkbox"/> 3 <input type="checkbox"/> 2 <input type="checkbox"/> 1 <input type="checkbox"/> 0
Works consistently and conscientiously.	<input type="checkbox"/> 5 <input type="checkbox"/> 4 <input type="checkbox"/> 3 <input type="checkbox"/> 2 <input type="checkbox"/> 1 <input type="checkbox"/> 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**

<b>Volunteering Assignment Booklet</b>	<b>Possible Marks</b>	<b>Assessment</b>
<b>Volunteering Log Sheet:</b> <ul style="list-style-type: none"> <li>Is filled in with details of activity./2</li> </ul> Use of proper grammar and spelling. /1 <ul style="list-style-type: none"> <li>Neatness /1</li> <li>Mentor and/or supervisor's signature /1</li> <li>Completed 10 hours /10</li> </ul>	<b>15</b>	
<b>Photographs/Video</b> <ul style="list-style-type: none"> <li>Photos and/or video are clearly visible and display a suitable image of the student engaged in volunteering.</li> </ul>	<b>5</b>	
<b>Mentor and/or Supervisor Evaluation</b>	<b>20</b>	
<b>Volunteer Reflection Questions</b> <ul style="list-style-type: none"> <li>Each question is answered in complete sentences with proper grammar, spelling and neatness.</li> </ul>	<b>10</b>	
<b>Total</b>	<b>50</b>	