

5th Grade Physical Education/Fitness Activity Log

Student Name _____

The P.E./Fitness Activity Log is an agreement between the student, students' parents and P.E./Fitness Teacher. Students entering this program must have earned a below grade level mark on a prior report card and is willing to do extra credit work. Parents must document on the following page of this form to help improve their mark for the current trimester. The final decision to improve a student's grade from a below grade level mark to an at grade level mark will be in the judgment of the P.E./Fitness Teacher's based on the students' reasonable improvement, effort and participation during P.E./Fitness class activities. This form must be handed in to Mr. Santangelo or Mrs. Stupey at least one week prior to the end of the current trimester's grading period, for example, a grading period ending on March 11th the form must be handed in by March 4th by the end of the school day. Our goal is to encourage lifelong fitness for your child. Thanks for helping us on this endeavor!

The skills listed below are skills that students in 5th grade will be graded on throughout the school year and may be practiced at home to earn extra credit:

- Demonstrates proper throwing form (Stepping forward with correct foot)
- Catches a ball with two hands tossed from 25'
- Kicks a rolled ball
- Foot dribble (Soccer)
- Hand dribble while moving (Basketball)
- Striking using manipulatives (Volleyball Serve)
- Jumps individual rope forward 15x
- Applies rules to tag games safely
- Moves safely in general space
- Turns long jump rope cooperatively for others
- Runs in, jumps long jump rope 5x, runs out
- Differentiates between loco-motor skills (skipping, galloping, hopping, etc.)
- Socially accepts dance partner regardless of who they are
- Performs basic square dance moves upon call
- Moves in time to music

Go to the Qualifying Standards for the Presidents Fitness Challenge icon to learn more about specific age and gender qualifying fitness test scores.

Physical Education/Fitness Activity Log

Day of Week	Examples of Activities	Date
Monday	3 mile vigorous hike/walk lasting one hour	1/11/2010
Wednesday	Jump rope 15 minutes, timed run/walk for 800 meters	1/13/2010
Friday	Basketball practice for 1 hour	1/15/2010

Day of Week	Week #1	

Day of Week	Week #2	

Day of Week	Week #3	

Day of Week	Week #4	

Day of Week	Week #5	

Day of Week	Week #6	

Day of Week	Week #7	

Day of Week	Week #8	

Any activity where a student is continually active for twenty minutes of aerobic activity, three times a week minimum (i.e., swimming, biking, dance, jogging, hiking, etc.) may be used.

Name _____ Teacher _____

*Note - Please hand in to Mr. Santangelo or Mrs. Stupey one week prior to end of grading period.