

7th and 8th GRADE PHYSICAL EDUCATION HOMEWORK

10% OF THE PHYSICAL EDUCATION GRADE

Name: _____

Grade _____

Period _____

Due Date: May 29th

WEEK OF EXERCISING:	DATE, TIME AND ACTIVITY	DATE, TIME AND ACTIVITY	DATE, TIME AND ACTIVITY
WEEK OF April 7th			
WEEK OF: April 14th			
WEEK OF: April 21st			
WEEK OF: April 28th			
WEEK OF: May 5th			
WEEK OF: May 12th			
WEEK OF: May 19th			
WEEK OF: May 26th			

You are required to exercise at least three separate days outside of class each week. (P.E. class does not count as a day.)

When you exercise, it is recommended that you do so for 30 to 60 minutes.

Homework will make up 10% of the grade for each nine week grading period.

Please record the date, time and activity.

Suggestions for fitness activities are listed on the back of this card. There is also a 7 WEEK WALK OR RUN TRAINING PROGRAM.