

## PE Competency Credit Fitness Log

This fitness log is to demonstrate alternative physical activity to demonstrate the physical portion of the PE standards. Students must complete 75 hours of physical activity in the year in which the PE excusal is requested. In order to earn PE competency credit, students must complete both the physical activity log and demonstrate the cognitive knowledge portion of the PE standards by passing the district approved PE knowledge test. Completed and signed forms must be submitted to the Teaching and Learning department. Forms can be delivered to the district administration building or emailed to <a href="mailto:sarah.guv@ksd.org">sarah.guv@ksd.org</a>

Student Name	Student Signature		Date	
School	Grade Level			
By signing this fitness log, I verify that the student completed all fitness log activities.				
Parent/Guardian Signature			Date	
Date	Duration (hours)	Activity		
		-		



Date	Duration (hours)	Activity

Add additional log sheets as necessary. Hours must total at least 75.