

2025-26 Non-school sponsored Physical Activity Form

This form must be filled out by the student, signed by the instructor overseeing the physical activity, and uploaded onto your Magnus Health Portal **by: Fall Season due by Aug 29; Winter Season due by Nov 13; Spring Season due by March 13. You are only allowed to receive ONE credit per school year for an NSSPA.** If you have any questions, please reach out to Mary Blake at mblake@stab.org.

Name _____ Grade _____

Non-school Sponsored Activity: (Please include the following information about your activity)

1. What is your physical activity?

2. Where is the location of your physical activity?

3. How many days per week will you participate in your physical activity?

4. What is the length of time (per day) for each session?

5. What date does your physical activity begin and what date does it end?

_____ |

Please verify the student will meet the following requirements:

- 1. Will be working out with an organization/business outside of St. Anne's-Belfield School**
- 2. Will meet at least 3 days a week in the activity described above**
- 3. Will meet a minimum of 45 minutes each session**
- 4. Class/lessons will be at least 2 ½ months in duration**

Instructor Name (print) _____ Email _____

Instructor Signature _____