

SARDIS SECONDARY SCHOOL
GRADUATION TRANSITION PLANNING 12

MODULE 1 EXIT PROJECT

Physical Fitness and You: 100 Hours of Physical Activity

Name: _____

Please Note: *Select one of the following options to complete this module. You will be required to engage in 100 hours of moderate to intense physical activity. If YOU CHOSE OPTION 2, the hours allotted to this assignment are numerous so you may finish them as you continue completing the remainder of the course. Submit the completed assignments to the Counselling Centre.*

OPTION 1

Complete 100 hours of moderate to vigorous activity by successfully completing PE 11 or 12, PE Strength & Conditioning 11 or 12, Health and Fitness 11 or 12, Dance 11 or 12, or PE Leadership 11 or 12.

Submit the following: Documentation that you have completed the course in your Grade 12 school year (by providing a certificate, report card or transcript)..

Verification of Completion of Option 1

Course Name: _____

Office Verification: _____

OPTION 2

Complete 100 hours of moderate to vigorous activity by participating in a variety of exercise classes, team/individual sports, dance, mobility training, extended brisk walking, swimming or other physical activities. Document and submit the following:

Describe all of the physical activities in which you participated.

1. Demonstrate that you will have completed these hours in your Grade 12 year.
2. Complete a Physical Activity Log (see over)
3. Demonstrate that your physical activity documentation is clearly authentic. You might do this by providing a certificate of participation, a letter from a coach, a reference from dance, riding, karate instructor, etc. You might have a parent or guardian verify your 100 hours, by signing your activity log after each entry.

Teacher/Coach/Parent Verification of Completion of Option 2

Course Name: _____

Completed Teacher/Coach/Parent Signature: _____ Date: _____

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