

SARDIS SECONDARY SCHOOL



GRADE 11

PHYSICAL ACTIVITY JOURNAL

Student Name _____

Student Number _____

Grade 11

INTRODUCTION

Daily physical activity (DPA) refers to physical activity that people do on a daily basis. DPA includes activities that help develop endurance, strength, and flexibility.

Strong evidence exists that physical activity contributes to the overall well-being of all individuals. People of all ages can substantially improve their health and quality of life by including a moderate amount of physical activity in their daily routines. Participation in physical activity contributes to physical, mental and social well-being, providing benefits to the individual and the community.

Being physically active on a daily basis is crucial to the health and wellness of all Canadians, especially children.

The Province of British Columbia sets the requirements for daily physical activity for students. Daily physical activity can be as simple as walking, running, jogging, bending, and stretching – bearing in mind local circumstances, the age of the students and their physical capabilities.

REQUIREMENTS - Grades 10-12

Students must document and report a minimum of 150 minutes per week of physical activity at a moderate to vigorous intensity, as part of their Graduation Transition program. Boards/Authorities are responsible for providing options to give students a number of choices for how they will meet the daily physical activity requirements at school, at home, and/or in the community.

PHYSICAL ACTIVITIES CATEGORIES

Endurance Activities

Cardiovascular endurance activities help the heart, lungs, and circulatory system stay healthy and provide increased energy. Activities that increase endurance should be moderate to vigorous:

- *Moderate physical activity* causes some increase in breathing and/or heart rate, but not enough to prevent an individual from carrying on a conversation comfortably during the activity. Examples of moderate physical activity include brisk walking, dancing, swimming, and biking.
- *Vigorous physical activity* is aerobic activity, which increases the breathing and heart rates enough for cardio-respiratory conditioning. This type of activity may, depending on fitness level, cause “huffing and puffing,” so that talking is possible but the ability to carry on a conversation is limited. Examples of vigorous physical activities include jogging, basketball, aerobics, fast dancing, and fast swimming.

Strength Activities

Strength activities help muscles and bones stay strong, improve posture, and help to prevent diseases like osteoporosis. Strength activities are those that make muscles work against some kind of resistance, like pushing or pulling hard to open a heavy door. To ensure good overall strength, strength activities should include a combination of activities that exercise the different muscle groups – in the arms, mid-section, and legs. Examples of activities that build strength are rope or stair climbing, bat and racquet games, push-ups, weight training, rowing, and skating.

Flexibility Activities

Flexibility activities help bodies to move easily, keeping muscles relaxed and joints mobile, reducing the risk of injury. Regular flexibility exercises can help people to live better and longer, so that quality of life and independence are maintained. Flexibility activities include gentle reaching, bending, and stretching of all muscle groups. Activities that help increase flexibility include stretches, pilates, dancing, gymnastics, and swimming.

PHYSICAL FITNESS AND YOU: 100 HOURS OF PHYSICAL ACTIVITY DURING GRADE 11

Your Name: _____ Std #: _____

Please Note: *Select one of the following options to complete this activity. You will be required to engage in 100 hours of moderate to intense physical activity. IF YOU CHOOSE OPTION 2, the hours allotted to this assignment are numerous. Submit the completed assignments to the counseling centre.*

OPTION 1

During your grade 11 year, complete 100 hours of moderate to vigorous activity by enrolling and attending PE 11 or 12, PE Strength & Conditioning 11 or 12, Health and Fitness 11 or 12, Dance 11 or 12, PE Leadership 11 or 12, Golf or Hockey Academy.

Office Verification of Completion of Option 1

COURSE NAME: _____

Office Staff Signature _____ Date: _____

OPTION 2

During your grade 11 year, 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 this school year.

1. Demonstrate that you completed the 100 hours in your Grade 11 school year.
2. Complete a Physical Activity Log (see Page 4).
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: _____

Completed Sardis Secondary Teacher Signature _____ Date: _____

PHYSICAL FITNESS AND YOU: 100 HOURS OF PHYSICAL ACTIVITY DURING GRADE 11

Student Name: _____

PHYSICAL ACTIVITY LOG
(Verification required by coach, teacher or parent)

Date	Description of Physical Activity	Hours/Minutes	Verification
TOTAL (Minimum 100 Hours)			