

CAM Academy ~ Health & Fitness Monthly Learning Log

Student _____

Month _____

Advisory Teacher _____

Grade Level _____

Check when completed:

- ☐ HIV Instruction (Using materials provided by BGSD)
- ☐ Request to exclude HIV is submitted to the school

Health & Physical Education Standards <input checked="" type="checkbox"/> check/highlight standards that pertain to monthly activities	Learning Activities & Related Skills An activity must be included for each standard that was <input checked="" type="checkbox"/> checked
<p><u>WA Health Education K-12 Learning Standards:</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health. <input type="checkbox"/> Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. <input type="checkbox"/> Standard 3: Students will demonstrate the ability to access valid information and products and services to enhance health. <input type="checkbox"/> Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. <input type="checkbox"/> Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health. <input type="checkbox"/> Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health. <input type="checkbox"/> Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. <input type="checkbox"/> Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health. <p><u>WA Physical Education K-12 Learning Standards</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Standard 1: Students will demonstrate competency in a variety of motor skills and movement patterns. <input type="checkbox"/> Standard 2: Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance. <input type="checkbox"/> Standard 3: Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. <input type="checkbox"/> Standard 4: Students will exhibit responsible personal and social behavior that respects self and others. <input type="checkbox"/> Standard 5: Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction. 	<div style="border: 1px solid black; height: 100px; margin-bottom: 5px;"></div> <p>Week 1:</p> <div style="border: 1px solid black; height: 100px; margin-bottom: 5px;"></div> <p>Total Hours (4 required):</p> <div style="border: 1px solid black; height: 100px; margin-bottom: 5px;"></div> <p>Week 2:</p> <div style="border: 1px solid black; height: 100px; margin-bottom: 5px;"></div> <p>Total Hours (4 required):</p> <div style="border: 1px solid black; height: 100px; margin-bottom: 5px;"></div> <p>Week 3</p> <div style="border: 1px solid black; height: 100px; margin-bottom: 5px;"></div> <p>Total Hours (4 required):</p> <div style="border: 1px solid black; height: 100px; margin-bottom: 5px;"></div> <p>Week 4</p> <div style="border: 1px solid black; height: 100px; margin-bottom: 5px;"></div> <p>Total Hours (4 required):</p>

CAM Academy - Health/Fitness Monthly Learning Log

Student Name _____ Month: _____

Homeroom Teacher : _____ Grade Level _5_

5th Grade Health/Fitness Activity Record (This side is required)

Daily record of activities and hours.

Week 1

day/date	activity	time/hours
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Week 2

day/date	activity	time/hours
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Week 3

day/date	activity	time/hours
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Week 4

day/date	activity	time/hours
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____