

6th Grade PE Cover Sheet

Name _____ Month # _____

PARENTAL VERIFICATION: "I verify that my student engaged in the minutes of sustained fitness activities listed in the attached log."

Parent Signature _____ Date: _____

Your PE should include:

This cover sheet with a parent's signature. Parent signature is required; the activity log assignment earns no credit without a parent or coach signature to verify the logged activity was completed.

A monthly log of your physical activity which must be a MINIMUM of 100 minutes per week. The requirement is 100 minutes per week, about 1 2/3 hours, or about 20 minutes daily. The activities should be varied, within reason, so a student's body is maintained or strengthened in different ways.

A content assignment located on the teacher's website and Canvas page. This assignment changes each month and consists of a reading passage with review questions about your body and health.

CALIFORNIA EDUCATION CODE, SECTION 51222 specifies the required legal minimum of 200 minutes of PE per week for grades 7 - 12. For independent study verification, students may be asked to demonstrate activities such as running, calisthenics, or other fitness performances as determined appropriate by their teacher.

PHYSICAL EDUCATION STANDARDS ADDRESSED:

- Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.
- Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.
- Students demonstrate knowledge of psychological and sociological concepts, principals, and strategies that apply to the learning and performance of physical activity.

Late Work Policy

While attendance credit for each month is based on submission of monthly work by due dates, academic grades are based on the **quality** of work submitted on time and its degree of proficiency. Assignments turned in late, but within one work month are subject to a 20%-point reduction from what is otherwise earned. Work that is more than one work month late is not accepted at all (e.g., work from Month 3 may still be turned in during Month 4 for a 20%-point reduction, but work from Month 3 is no longer accepted once Month 5 begins).