Student Name: Month Number: Date:

6th Grade Physical Education (P.E.) Cover Sheet

Complete and submit all three items each month:

- ☐ **Physical Activity Log:** Record your physical activity for the month. Complete at least 100 minutes of physical activity each week (this is about 20 minutes each school day). Include a variety of activities for physical health.
- ☐ **Signed Cover Sheet**: Submit this cover sheet with a parent or guardian signature.
- ☐ **Monthly Canvas Assignment**: Complete the P.E. content assignment posted on the teacher's Canvas page.

Parent/Guardian Verification

I verify that my student completed the physical activities recorded in the physical activity log.

Parent/Guardian Signature:_____ **Date:** _____

California Physical Education Code Section 51210 requires students in grades 1–6 to complete 200 minutes of physical education during every 10 school days. For independent study, the teacher may ask students to demonstrate activities such as running, calisthenics, or other appropriate fitness activities.

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.

MEA Late Work Policy

- Attendance credit is based on submitting the monthly P.E. work by the due date.
- Academic grades are based on the quality and proficiency of the work submitted.
- Work submitted within one work month after the due date may receive a 20-percentage-point deduction.
- Work more than one work month late will not be accepted. For example, Month 3 work may be submitted during Month 4 with the deduction. It will not be accepted once Month 5 begins.