

Point Tracking Assignment

One goal of this physical education program is to encourage students to engage in at least 60 minutes of activity every day. Students can earn points in the physical education class or while participating in out-of-class activities. Weekly points are tracked using the form found in figure 11.15.

1. Students can earn 1 or 2 points in physical education class depending on the type of activity and the duration. Your physical education teacher will provide information about how many points you earned during the day's lesson.
2. Students can earn additional points while participating in moderate to vigorous (MVA) out-of-class activities. You will receive 1 point for each 20 minutes of MVA logged. When logging out-of-class activities, you will indicate the type of activity and duration.
3. Students who are active during the weekend can earn up to 4 points per day.
4. Students who record 10,000 steps or more a day on their activity tracking device earn 3 points.
Note: These points are not in addition to the points earned in other ways; this simply represents a different way of documenting activity points.

Students earning more than 21 points are at the exceptional level.

Students earning 18 to 20 points are at the target level.

Students earning 15 to 17 points are at the acceptable level.

Students earning fewer than 15 points should readjust their schedules to include greater levels of activity.

Note: Students who are active and earn at least 18 points should see improvement in their fitness scores. If this is not occurring, consult with your teacher for suggestions on how to modify the types of activity you are choosing.