

Crossroads Christian Academy

Physical Education Record

“We do not want you to become lazy, but to imitate those who through faith and patience inherit what has been promised.” Hebrews 6:12 NIV

Physical Education is a required course that each high school student must complete before graduation. This course requires **150 hours** of the student’s time to receive 1 credit. This can be accomplished through team sports and/or individual physical activities that total 150 hr. Individual activities include things such as jogging, walking, aerobics, soccer, etc. For the individual activities, the student must give a summary of what muscle group was used during the activity. An example is provided below. If the student plays on a team, such as Lacrosse, basketball, and baseball **for a full season**, each hour does not have to be documented. If the student quits before the season is over, the times devoted to practices and games can be counted as individual activities.

EXAMPLE:

<u>DATE</u>	<u>ACTIVITY</u>	<u>TIME INVOLVED</u>	<u>DISTANCE</u>	<u>LOCATION</u>	<u>MUSCLE GROUP</u>
07/27/04	POWER WALK	45 MINUTES	3 MILES	NEIGHBORHOOD	QUADRICEPS/GLUTS
07/28/04	STRENGHT TRAINING	25 MINUTES		HOME/BOWFLEX	BICEPS/TRICEPS

I certify that my child, _____, has completed **150 hours** of physical activity to fulfill the physical education requirement set by Crossroads Christian Academy and the State of Tennessee Department of Education. To fulfill this requirement, my child (check one of the following)

- played on a team sport for at least one full season
- completed many individual exercise activities. The log documenting these activities is attached.

Signed: _____ Date: _____

I, _____, certify that I have completed the required **150 hours** of physical activity to fulfill the physical education requirement set by Crossroads Christian Academy and the State of Tennessee Department of Education.

Signed: _____ Date: _____

<p><u>PHYSICAL EDUCATION FORM</u></p> <p><u>CCA</u></p>
