

Assignment #2
Class Notebook

Assignment Due: _____

All students are required to have a spiral notebook (50-70 pages) that is only for P.E. It is important to not share the notebook with another class, due to the abuse it will take being brought outside and getting wet, blown around, etc. We will be using the notebook every day to record our daily Heart Rates and to keep a log of our activities. The Notebook will also be used to keep class notes on Fitness Concepts, Sports History and Rules.

Notebooks will be checked every 6 weeks. (up to 15pts.) And, daily spot checks (for 2pts.) randomly.

Your notebook will be set up with FIVE sections. 1) Daily Cardio. log 2) Strength Log 3) Fitness Notes 4) Sports and Activity notes 5) In-class writing assignments

Sections:

Make a divider or section marker for each section.

1. Activity Log: 7 pages

Use a RULER to make 7 columns. Label the columns as in the example.

Date	RHR	#Reps	Daily Activity – Cardio, Strength	Time	Distance Laps	AHR

2. Strength Log 7 pages. Used to keep track of Sets and Reps as well as Exercise and Body parts worked.

3. Fitness Notes: 15 pages

Each Lecture will start a new page of notes. All Notes will be written in this section.

4. Sports / Activity Notes: 15 pages

notes on history, rules and strategy of play for sports and games

5. In- Class Writing assignments

section is for quick writes, Quizzes and class assignments. Pages may be torn out.