

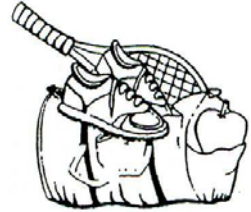
**MAGEE SECONDARY SCHOOL  
GRADUATION TRANSITIONS PROGRAM**

Name: \_\_\_\_\_

Student #: \_\_\_\_\_

Grade: \_\_\_\_\_

Organizer: PERSONAL HEALTH



**PART ONE - 150 MINUTES PER WEEK OF PHYSICAL ACTIVITY**

Student documents participation in one or more physical activities that meet the moderate, vigorous, or adapted criteria for a minimum of 150 minutes per week during Grades 10, 11, and 12 using a Physical Activity Log (see attached) as evidence.

- ✓ PE 10 can be included in the 150 minutes per week during Grade 10.
- ✓ Physical activity refers to any leisure or non-leisure body movement that expends energy. It includes exercise, sports, dance, mobility training or physical therapy, extended brisk walking, swimming, etc.
- ✓ Physical activity that counts as portfolio evidence must be either moderate or vigorous. Moderate physical activities increase the heart rate. Vigorous physical activities raise the heart rate and sustain the increase over time. Vigorous activities are aerobic in nature, enhancing heart and lung health.
- ✓ The moderate or vigorous requirement is adaptable to meet students' special needs.

**PART TWO - A HEALTHY LIVING PLAN**

Students are to develop a long-term personal healthy living plan appropriate to their lifestyle.

**"Personal Healthy Living Plan Worksheet"**

Describe (i) the nutritional habits, (ii) the regular exercise routines, and (iii) ways to deal with stress, that will allow you to live in a healthy manner.

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MAGEE SECONDARY SCHOOL GRADUATION TRANSITIONS PROGRAM: "Physical Activity Log"



Name: \_\_\_\_\_ Student #: \_\_\_\_\_ Grade: \_\_\_\_\_

The following options qualify - please check the appropriate box:

<input type="checkbox"/> Successful completion of: <ul style="list-style-type: none"> <li><input type="checkbox"/> PE10</li> <li><input type="checkbox"/> PE11</li> <li><input type="checkbox"/> PE12</li> <li><input type="checkbox"/> Fitness 11</li> <li><input type="checkbox"/> Fitness 12</li> <li><input type="checkbox"/> Coaching 11Coaching 12</li> </ul>	<input type="checkbox"/> School Team(s): _____
<input type="checkbox"/> Other: _____	<input type="checkbox"/> Community Team(s): _____

<u>Date(s)</u>	<u>Description of Physical Activity</u>	<u>Hour(s)</u>	<u>Print Contact Name</u>	<u>Contact Signature</u>	<u>Contact Phone Number</u>
<u>Total Hours:</u>					