Independent Study – Physical Education Core – Apex Learning

1 CREDIT COMPLETION FORM

STUDENT NAME:_____ **YEAR:**_____ **DATE ENROLLED:**___-___-___

Unit 1: P.E. Designed for Me

☐ **Activity 1.1.2: Practice – Commitment Statement**
(Documents: Practice Assignment)
Complete and submit a signed commitment statement and answer a few brief questions about your participation in the course.

| Duration: 5 min | Scoring: 30 | **Points Earned:** _____ |

☐ **Activity 1.1.3: Discuss - Meet Your Team**
(Documents: Discussion)
Meet your classmates by participating in an online discussion forum discussing favorite types of physical activity.

| Duration: 20 min | Scoring: 15 | **Points Earned:** _____ |

☐ **Activity 1.1.4: Quiz – Online P.E.**
Test your knowledge of the lesson you have just covered.

| Duration: 10 min | Scoring: 10 | **Points Earned:** _____ |

Lesson 1.2: Fitness Logs

☐ **Activity 1.2.1: Log – Fitness Log # 1**
(Documents: In Focus, Log)
Complete and submit your fitness log for the week.

Hours Earned: _____

☐ **Activity 1.2.2: Log – Fitness Log # 2**
(Documents: Log)
Complete and submit your fitness log for the week.

Hours Earned: _____

☐ **Activity 1.2.3: Log – Fitness Log # 3**
(Documents: Log)
Complete and submit your fitness log for the week.

Hours Earned: _____

☐ **Activity 1.2.4: Log – Fitness Log # 4**
(Documents: Log)
Complete and submit your fitness log for the week.

Hours Earned: _____

☐ **Activity 1.2.5: Log – Fitness Log # 5**
(Documents: Log)
Complete and submit your fitness log for the week.

Hours Earned: _____

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RM Cervero

Core Apex Learning:

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