

**SIR WINSTON CHURCHILL SECONDARY SCHOOL
TRANSITIONS PROGRAM**

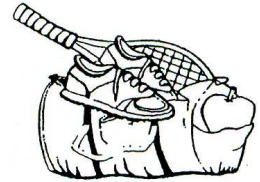
Name: _____ Student #: _____ Grade: _____

Organizer: PERSONAL HEALTH

PART ONE - 80 HOURS OF PHYSICAL ACTIVITY

Students document participation in one or more physical activities that meet the moderate, vigorous, or adapted criteria for a minimum of 80 hours during Grades 10 and/or 11 and/or 12 using a Physical Activity Log (*see attached*) as evidence.

- ✓ PE 10 can not be included in the 80 hours
- ✓ 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 student's 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 (iii) ways to deal with stress and that will allow you to live in a healthy manner.



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"Physical Activity Log"

Name:

Student #:

Grade:

The following options qualify - please check the appropriate box:

<input type="checkbox"/> Successful completion of PE11, PE12, DNP11, or DNP12	<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>

Total Hours: