

Physical Education (Kinesiology) Physical Activity Participation Form-Sample

Student #: _____ First Name: _____ Last Name: _____
Grade/Class: _____ / _____ Homeroom Teacher: _____

Signature of Instructor, Teacher, or Coach: _____

Date of physical activity: _____ / _____ / _____ Time: _____ to _____ Total # of minutes: _____

Name of physical activity: _____

*Please complete the information for each section. Be as specific as possible. **Students MUST complete the form for credit.**

Warming-Up: (i.e. I ran 2 laps around the soccer field, then did 25 jumping jacks)

Stretching:

Neck:

Shoulders:

Biceps/Triceps:

Pectorals:

Latissimus Dorsi:

Oblique:

Abdominals:

Adductors/Abductors:

Quadriceps:

Hamstrings:

Gastrocnemius:

Gluteus Maximus:

Shins:

Ligaments/Tendons:

Skill-Builders: (i.e. I practiced in-step dribbling; lofted passes; and shooting on the goal).

Drills: (i.e. In-step dribbling drill started at the line, then I dribbled through the cones, alternating feet, got to the end, turned around, went back through the cones, and when I got to the line, I passed the ball back to the next person in line. We practiced our lofted-passes by standing around a bucket, and trying to get the ball into the bucket; for shooting on the goal, we had two lines, one to retrieve the ball, one for shooting; and one goalie; we dribbled the ball down to the cone my coach put out, and shot the ball from behind the cone).

Activities: (i.e. After all the skill-builders, and drills, we played a mini-game of 3-on-3. the rules were the same as a regular soccer game except the fields were smaller. After a few minutes the coach blew the whistle and the winner stayed while the other player rotated to counter-clockwise to the next field).

Cool-Down: (i.e. I walked 4 laps until my heart rate slowed down to my resting heart rate).

***What I learned during this physical activity?** (i.e. I learned that by using the shoelaces of my shoe to place the ball, then lift my knee close to my chest, I could elevate the ball high enough to go into the bucket).

***What I would change or add for the next time?** (i.e. I would like to do a more creative warm-up and then be sure to do a stretch for each body part).