

7/8th Grade Physical Education Fitness Journal Instructions

“So God created man in His own image, in the image of God He created him; male and female he created them. God saw all that He had made, and it was very good.”

Genesis 1:27 & 31a

God has created each & every human with an AMAZING body! We are made in His image—in God’s likeness. WOW! Along with our body comes the task of using what God has so graciously given us to the best of our abilities. When we were little children, we developed the ability to roll over, to sit up, and to crawl. As we grew, we learned how to walk. In later years, you maybe developed the ability to run, throw, jump, shoot....! We each have our own unique abilities. In showing thanks to God, we can use these talents & gifts in a variety of ways, and exercising helps to keep our bodies the way God intended them to be.

“Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have received from God? You are not your own: You were bought at a price. Therefore, honor God with your body.”

I Corinthians 6:19

A purpose of the RVCS Physical Education program is to build and maintain a sound & fit body. When you participate in fitness, you not only glorify God with your body, but also build muscular endurance and strength. One of the main muscles in your body is the heart. The heart’s job is to pump blood throughout the entire body. The blood carries important nutrients and oxygen. If we exercise our heart (& lungs) through regular exercise we can make our heart stronger and more efficient. (takes less effort to do the same amount of work!)

This year in P.E., you are going to get your heart pumping and blood flowing! The goal is to explore a variety of ways to become fit, help you become more physically fit, and have fun doing it! In doing this, you will be able to take responsibility and exercise outside of regular school hours (Recess, P.E., and intramurals are great, but just a start!)

Your goal is to be ***FIT FOR LIFE!*** This means that you find some physical activities you ENJOY and do them to make yourself more fit physically (and socially, mentally, spiritually, & emotionally also 😊)

Assignment: (Each month) you will be given a Fitness Journal on blue paper. This journal will include the following information: Date of activity, Type of Activity, Duration (or How Long), and Point Values. The completed journal will be handed in with the points totaled, your name, & signature. All of this must be completed & handed in end of the month or **ON THE DUE DATE.**

Each monthly journal will be worth 10 points (with written work such as journals & quizzes counting as 10% of your P.E. grade). For the following grades:

“A”	You must complete at least “75” points/month
“B”	You must complete at least “55” points/month
“C”	You must complete at least “30” points/month

Fitness Points Chart

Directions: *You will be awarded the following points for each fitness activity. The amounts are listed below. Remember to record your points, duration, and activity type.*

NOTE:

- 1. Do not include activities which are not on the list unless you check with the teacher first.*
- 2. Although it is great exercise to mow the lawn (walking) or vacuum the living room, **NO** work activities may be included with your journal.*

It can be difficult to determine fun activities vs. work activities. Some are recognized as very wise physical "choices," but many times are not done for the sole benefit of becoming physically fit. (example: Loading hogs can make you physically stronger, but is not done only for that benefit. It's a great choice ☺)

Activities:

FIVE (5) points awarded for the following activities:

- Team Games or Practices 1 hour
 - Basketball, hockey, volleyball, soccer, football, track
 - *1.5 hour practice = 7.5 points*
- Walking 30 minutes or 2 miles
- Running -hard 15 min. or 1 mile
- Running - jogging/slow 30 minutes
- Aerobics - hard 30 minutes
- Aerobics - medium 45 minutes
- Aerobics - light 1 hour
- Ice Skating 1 hour
- Roller skating/roller blading 30 minutes
- Tennis 1 hour
- Skill practice on own 30 minutes
 - Ex. Shooting hoops, passing volleyball against wall
- Biking 1 hour or 5.5 miles
- Weight lifting -heavy 30 minutes
- Weight lifting - light 1 hour
- Golf - walking 30 minutes
- Swimming laps - strokes 30 minutes
- Swimming - playing in the pool 1 hour
- Horseback riding 1 hour
- Snow Skiing 30 minutes
- Snow shoeing 30 minutes
- Cross Country Skiing 30 minutes
- Hiking (mts or hills) 20 minutes
- Wrestling Practice or Match 30 minutes
- Water-skiing 1 hour
- Canoeing (paddle) 1 hour

- Baseball 1 hour
- Gymnastics 30 minutes
- Pilates or Yoga 30 minutes
- Cross Country same as running
- Baseball 1 hour
- Fitness Machines-elliptical, etc 30 minutes
- Water Aerobics 30 minutes
- Team Handball or Dodgeball 1 hour
- Ultimate Frisbee 30 minutes

THREE (3) points will be awarded for the following activities:

- Playing tag games 1 hour
- Frisbee/frisbee golf 30 minutes
- Hula hoop 15 minutes
- Jump rope 10 minutes
- Jumping on tramp 20 minutes
- Archery 1 hour
- Badminton 30 minutes
- Pickleball 30 minutes
- Bowling 1 hour
- Table tennis/ping pong 30 minutes
- Playing Catch - baseball, frisbee 20 minutes
- Lawn games - ladder golf, bocce ball, etc 30 minutes
- Shooting clay 1 hour
- Golf - with cart 1 hour
- Fishing 1 hour
- Walking stairs 20 minutes
- Hunting - walking 30 minutes
- Racquetball - social 30 minutes

ONE (1) point will be awarded for the following activities:

- Wii Fit Games (or similar) 1 hour
- Intramurals 30 minutes