



Port Moody Secondary School Daily Physical Activity Log

It is expected that **all students** engage in 150 minutes (2.5 hours) per week of moderate to vigorous physical activity. All Physical activity should involve an increased heart rate, deep breathing, etc. Some examples are: soccer, hockey, swimming, running, yoga, dance, weight training and many others.

MONTHLY LOG IS DUE AT THE 30TH OF EVERY MONTH AND MUST BE SUBMITTED TO YOUR ADVISORY TEACHER DURING PHOENIX

Name: _____

Student number: _____

Phoenix Advisory number: _____

Month of DPA _____

Ministry of Education or IB Diploma 11/12 (please circle)

IB Diploma students in Grade 11 or Grade 12 meet the expected hours through the CAS Program

Week of...	Description of Physical Activity	Minutes	Location of activity
Sept 1-7	Soccer Training and game on Sept 1, 5, 7 <u>Student Sample Student Sample Student Sample Student Sample Student Sample</u>	6 hours	Port Moody Turf Field

Total DPA Minutes/Hours for the Month of _____

Student Signature _____

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