



**PHYSICAL
EDUCATION**

**Sport/Activity
0.25 CREDIT**

If you are involved in an organized sport, you may use your participation hours for credit.

18 hours of participation equals 0.25 credit.

You must keep a log of your hours, your activity, and have those hours signed off by your supervisor, teacher, sensei, coach, trainer, etc.

Some examples of activities that would qualify for P.E. credit are:

Martial Arts (lessons), school sports, health club workouts, skateboard teams, surfing teams, recreational leagues and club sports.

Sample Log Sheet:

Name: _____

Date	Activity	Time Spent	Signature