

The Extra Mile Worksheet


Dear Instructor, or Parent,

As part of the physical education program, students who demonstrate active living outside of the classroom can receive up to an additional ten percent (10%) for their term report card mark. Please sign and verify the following participation log. Your contribution to this endeavour is greatly appreciated.

Sincerely,

Physical Education Teacher


Date	Activity	Number of hours per week	Coach/Instructor Signature	Student Comments	Parent Signature



Activity	
Basic Skills	
Application of Basic Skills	



Benefits Health	
Functional Fitness	
Body Image	
Well-being	



Cooperation	
Communication	
Fair Play	
Leadership	
Teamwork	



Do it Daily...for life	
Effort	
Safety	
Goal Setting	
In the Community	