

Education

Instruction, Curriculum and Assessment Branch
 Distance Learning Unit
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RECORD OF PROGRESS GRADE 11 ACTIVE HEALTHY LIFESTYLES (30F)

Name _____

School _____

	TARGET DATE FOR COMPLETION	ACTUAL DATE OF COMPLETION	MARK
MOD 1			
1.1 Planning for Risk Management			/C
1.2 Finalizing the Physical Activity Plan			/C
MOD 2			
2.1 Physical Activity Log			/C
2.2 Benefits of Your Physical Activity Choices			/C
2.3 Developing Split Routines for Resistance Training			/C
MOD 3			
3.1 Physical Activity Log			/C
MOD 4			
4.1 Impact of Sporting Behaviour			/C
MOD 5			
5.1 Physical Activity Log			/C
Final Exam			/100
Final Grade	Date		/C

EVALUATION GUIDE

Students will receive either a **Complete** or **Incomplete** designation.

In order to earn a credit for this course, you will need to earn a **Complete** designation. The following criteria will determine if one obtains a **Complete** designation:

- Complete at least 83 hours of physical activity, including at least 55 hours in the moderate to vigorous range.
- Record your 83 hours of physical activity in your Physical Activity Logs.
- Earn at least 40% on your final exam.
- Complete all of the assignments so that they meet the established criteria. Those criteria are listed in each assignment.
- Students may resubmit all assignments once.