

Vacation Absence Assignment

PE: Bronner

While you (your student) are absent from school you can earn credit for PE by tracking your steps and/or activity. **Students should complete 30 minutes of exercise or 8,000-10,000 steps for each day of PE** they miss. Your student can use their phone to track their activity. Iphone has the built in Health app and for Android you can download the free health app "Argus". **Students will turn in the handwritten log AND if they use "daily steps" to meet activity goals they will email screen shots of their daily step totals upon return.**

Setup on Phone: The built in Health app (once set up) or Argus will track student activity as long as background refresh is allowed for the app in Settings. This will allow a student to track his or her daily steps if the phone is with the student and in their pocket. Dependent on battery life this may or may not be an issue. If they track their steps they can record those, on other days if they don't track steps they can record based on time and activity (30-60 minutes a day).

Note: If Tuesday is low activity, the student could record Saturday instead. They need to complete activity for the log for each school day missed. If three days missed, three days should be recorded on log. If you have lower activity days, two entries may count as one day. In the example, there are four entries, since two lower activity days count for one PE day. The 24th and 25th would count for one day as the total adds up to 9,000 steps.

Daily Log

Date	#DailySteps	Time	Activities	Distance	Parent Signature
9/22	10,423		- walk around the city	5.14 miles	
9/23		33 min	- Warmup, Jog the stairs, stretch	24 floors	
9/24	4,024		- went to store, walked around neighborhood	2 miles	
9/25	5,112		- went for a walk, played Frisbee at park	2.5 miles	

*Students must turn in their fitness log within 5 school days of their return.

Student Name: _____ Period: _____ Roll Call #: _____

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Date/Day	Time	Steps	Type of Activity	Parent Signature

Student Name: _____ Period: _____ Roll Call #: _____