



**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, club sports.**

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**Sample Log Sheet:**

Name \_\_\_\_\_

<u>Date</u>	<u>Activity</u>	<u>Time spent</u>	<u>Signature</u>