

## Alternative Assignment Exercise Journal Project

### **Directions:**

- Students must participate in a physical activity lasting at least 20 minutes.
- For full credit, the student must complete entries for a total minimum of nine (9) hours.
- Students are required to write a journal entry for each physical activity. The entry should include:
  - Date and Time of Physical Activity
  - Activity performed
  - Purpose of activity
  - Parent initials
- Journal may be typed or handwritten

### **Example**

Date: Wednesday, July 6, 2008

Time: 4:00 to 6:00 p.m.

Exercise:

Leg Curls – To strengthen hamstring muscles

Pendulum Swings – To increase range or motion