DAILY PHYSICAL ACTIVITY REPORT (DPA)

St. Thomas Aquinas

2017-18

Circle the Term that applies:

INTERIM (Nov. 8) TERM 1 (Jan. 30) TERM 2 (Jun. 7)

Grade 12, April 13, 2018

Student FULL name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

LAST NAME (please print clearly) FIRST NAME

Grade: \_\_\_\_\_ Student #: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (5 digits) Date: \_\_\_\_\_\_/\_\_\_\_\_\_/\_\_\_\_\_\_

(mm/dd/yy)

This term I have taken one of these courses to meet the DPA requirements: **PE 10, 11, 12** or **other**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

This term I participated in the following **STA** **sports programs** (please specify): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

This term I participated in the following **STA** **extra-curricular activities** (please list)… e.g. intramurals, outdoor trips: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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This term I participated in the following **community organized programs** (please specify): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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This term I participated in **physical activity on my own** or in the **community** that included (e.g. swimming, jogging, weight training, dancing, etc.) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Other (please specify): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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***I acknowledge my responsibility to record/document my involvement in daily physical activity and have the support of my family to ensure the completion of this Ministry/graduation requirement. I have attached my summary pages of the record of Daily Physical Activity to verify that I have met the minimum number of minutes per week.***

Student signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

NOTE: This form should be completed by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and returned

to the student’s homeroom teacher by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

*See the reverse side of this form for an explanation of the DPA requirements.*

**DAILY PHYSICAL ACTIVITY REQUIREMENT**

In each of grade **10, 11 and 12**, you must document at least **150 minutes per week of physical activity**. Keep track of your exercise in an Excel file or on a calendar (there are many other ways – get creative). Then summarize your hours on the sheet for the term. **Keep a printout of each month’s activities as a backup of your records.**

This form will be given to your homeroom teacher each term, each year.

Failure to document and report your hours will jeopardize your graduation.

**Keep evidence** of your physical activity: membership cards, registration confirmations for sports, verification letters from coaches, etc. in case we ask to see them. In grade 12, these can be used in your GT portfolio as evidence.

**Hand in** a DPA form for every term. We don’t want to see your daily journal/records, but keep them safe in the event we ask to see them.

The form must be signed by you **and** your parent or guardian.