Physical Education Journaling Expectations

Your journal is due the Monday after a Unit is completed. For example, if Ultimate Frisbee took place from Monday, September 22 and lasted until Friday, October 3, the journal entry is due the following Monday, October 6, by 3:00 p.m. NO EXCEPTIONS!! Unless I tell you otherwise, a journal is due for each and every unit that we do in Physical Education 1.

How do you get to the weebly?

* **Pantherpe.weebly.com**
* **Find Heart Rate Journals at the top**
* **Find your class period – MAKE SURE YOU CHOOSE THE CORRECT PERIOD OR I WILL NOT SEE YOUR JOURNAL!!!**
* **Enter your first and last name**
* **Complete the correct journal/unit**

Once you complete your Heart Rate, you then have the ability to complete the journaling assignment.

**Please answer the following questions in your journal:**

1. Did you get a Heart Rate? Yes or No
2. If the unit required a heart rate (ultimate Frisbee, fitness center, biking, floor hockey) you will provide 3 reasons why you got a heart rate for 20 minutes. If it is an activity that isn’t required to have a heart rate, you must provide 3 quality reasons why you didn’t get a heart rate.
3. Your answers will be numbered 1., 2., 3.
4. Your answers need to be in complete sentences.

***Example:* No I didn’t get a heart rate for 20 minutes while playing badminton. 1. I am not very skilled at playing badminton. 2. I had a difficult time keeping the birdie in play because my hand-eye coordination isn’t that good. 3. I was not very active while playing and I didn’t move very much to get to the birdie to be able to hit it over the net.**

I am looking for answers that go beyond scratching the surface. Think deeply!

Be specific – give real life examples; things that actually happened in class!

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_

**Written Heart Rate Journal**

1. **Did you get a heart rate? Yes No**
2. **Why did/n’t you get a heart rate? (Answers must be in complete, thoughtful sentences.)**







Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_

**Written Heart Rate Journal**

1. **Did you get a heart rate? Yes No**
2. **Why did/n’t you get a heart rate? (Answers must be in complete, thoughtful sentences.)**