

## *Franklin High School Physical Education – Personal Activity Log (PAL)*

As required by the waiver Franklin High School has in place to allow learning to occur on a modified 4 x 4-block schedule, students in 9<sup>th</sup> and 10<sup>th</sup> must track their physical activity throughout the school-year.

Therefore, all 9<sup>th</sup> and 10<sup>th</sup> grade students must submit an **electronic** version of their physical activity time. The activity time can include time spent in Physical Education class and other outside school activities.

9<sup>th</sup> and 10<sup>th</sup> Grade Student's must enroll in our PE PAL Google Classroom as soon as possible to gain access to the PAL during the week of May 8<sup>th</sup> – May 12<sup>th</sup>. Google Classroom codes will be email to students ASAP.

There will only be one assignment to complete during that open week.

Students must submit an on-line version of their PAL one time this school year through Google Classroom. The electronic version of the Google Classroom PE PAL assignment will be open for one week, May 8<sup>th</sup> – 12<sup>th</sup>, 2023.

To prepare for the open on-line period students will keep a log for personal record keeping during the months of August to May. Once the electronic version is open, data will be transferred from the hand-written log to the Google Docs version.

### Instructions for completing the PE Personal Activity Log

- The Google Doc's form for completing your P.A.L. can only be filled out one time so you will need to keep track of your data on the log until the form is opened beginning May 8th.
- When the form is live you will have one week to complete your P.A.L.; final due date is May 12<sup>th</sup>, 2023.
- The Google Classroom, PAL form live dates are May 8<sup>th</sup> – May 12<sup>th</sup>, 2023.
- When the P.A.L. goes live May 8th, 2023 transfer your log data to the online Google Classroom P.A.L. form.
- **If you are in P.E., you can record that class as your activity for that Term.**

The written chart is for your record keeping only; you will not submit any written log.