**Physical Activity Physical Activity Points: 2014**

Table 1: Cardiovascular Exercise

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Activity** | **Distance** | **Time** | **Average** | **Point Value** |
| Walk | Staff must record the distance and time on the submission form  Based on the distance and time, staff calculate the average and point value  (see next column on the right) | | < 20 min/mile  < 18 min/mile  < 15 min/mile | 1 pt each mile  2 pts each mile  3 pts each mile |
| Jog/Run | < 12 min/mile  < 10 min/mile  < 8 min/mile  < 6 min/mile | 3 pts each mile  4 pts each mile  5 pts each mile  6 pts each mile |
| Stationary Cycle | < 8 min/mile  < 6 min/mile  < 4 min/mile | 2 pts each mile  3 pts each mile  4 pts each mile |
| Spinning Cycle or  Swimming | 30 Minutes 6 Points total  Each add’l 15 minutes 3 Points total | | | |
| Elliptical Trainer | 30 minutes  Each add’l 15 minutes | | 4 pts total  2 pts total | |
| Shopping | 1 Hr  Each add’l 30 Minutes | | 2 pts total  1 pt total | |

Table 2: Sport-Related Activities

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Type** | **Time** | **Point Value** |
| Badminton Game Play | N/A | 30 minutes  Each add’l 15 minutes | 2 points  1 point |
| Basketball Game Play | Full Court | 30 minutes  Each add’l 15 minutes | 4 points  2 points |
| Basketball Game Play | Half Court | 30 minutes  Each add’l 15 minutes | 2 points  1 point |
| Dance (all forms) | N/A | 30 minutes  Each add’l 15 minutes | 3 points  2 points |
| Football Game Play | N/A | 30 minutes  Each add’l 15 minutes | 2 points  1 point |
| Golf (Walking Only) | N/A | 18 holes  9 holes | 3 points  1 point |
| Softball/Baseball | N/A | 30 minutes  Each add’l 15 minutes | 2 points  1 point |
| Soccer Game Play | N/A | 30 minutes  Each add’l 15 minutes | 4 points  2 points |
| Tennis Game Play | Singles | 30 minutes  Each add’l 15 minutes | 3 points  2 points |
| Tennis Game Play | Doubles | 30 minutes  Each add’l 15 minutes | 2 points  1 point |
| Ultimate Game Play | N/A | 30 minutes  Each add’l 15 minutes | 4 points  2 points |
| Volleyball Game Play | N/A | 30 minutes  Each add’l 15 minutes | 2 points  1 point |
| Weight Training | Circuit Training | 30 minutes  Each add’l 15 minutes | 4 points  2 points |
| Weight Training | Rest Intervals | 30 minutes  Each add’l 15 minutes | 2 points  1 point |

Other Activities

|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Type** | **Time** | **Point Value** |
| Gardening | Planting, potting, sewing, watering | 1 Hour  Each add’l 30 Minutes | 2 Points  1 Point |
| Yard Work or Landscaping | Digging, Mowing, Weed Eating | 1 Hour  Each add’l 30 Minutes | 4 Points  2 Points |
| Wii Fitness or Xbox Kinect Video Games | Interactive/Fitness | 30 Minutes  Each add’l 15 Minutes | 2 Points  1 Point |
| Walking with Pedometer | Cardiovascular Exercise | # of Steps: **In one Day**  6000 Steps  7000 Steps  8000 Steps  9000 Steps | 2 Points  4 Points  6 Points  8 Points |
| Walking up and down stairs | N/A | 50 Stairs  Each add’l 25 stairs | 2 Points  1 Point |
| Eating Healthy (At your own discretion-what is healthy for you may not be healthy for others) | N/A | 3 possible times per day do not include snack | 1 Point per meal |
| Stretching | N/A | 30 Minutes | 2 Points |
| Yoga/Pilates | N/A | 30 Minutes  Each add’l 15 Minutes | 4 Points  2 Points |
| Skating | Roller Skating/Ice Skating, Roller Blading | 30 Minutes  Each add’l 15 Minutes | 4 Points  2 Points |
| Bowling | N/A | 1hour  Each add’l 15 Minutes | 3 Points  2 Points |
| Jump Rope | N/A | 30 Minutes | 4 Points |
| Cleaning the house | Dusting, Vacuuming, Laundry, Dishes, etc. | 30 Minutes  Each add’l 15 Minutes | 2 Points  1 Point |

To be turned in to Coach Henry Daily:

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_

Cardiovascular Exercise

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Date of Activity | Activity | Distance | Time | Points |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  | Total: |

Sport-Related Activities

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Date of Activity | Activity | Type | Time | Points |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  | Total: |

Other Activities

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Date of Activity | Activity | Type | Time | Points |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  | Total: |

Total Points: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

To be turned in to Coach HenryDaily:

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_

Class Period \_\_\_\_­­