**Physical Activity Physical Activity Points: 2014**

Table 1: Cardiovascular Exercise

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| **Activity** | **Distance** | **Time** | **Average** | **Point Value** |
| Walk | Staff must record the distance and time on the submission formBased 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 mile2 pts each mile3 pts each mile |
| Jog/Run | < 12 min/mile< 10 min/mile< 8 min/mile< 6 min/mile | 3 pts each mile4 pts each mile5 pts each mile6 pts each mile |
| Stationary Cycle | < 8 min/mile< 6 min/mile< 4 min/mile | 2 pts each mile3 pts each mile4 pts each mile |
| Spinning Cycle orSwimming | 30 Minutes 6 Points total Each add’l 15 minutes 3 Points total  |
| Elliptical Trainer | 30 minutesEach add’l 15 minutes | 4 pts total2 pts total |
| Shopping  | 1 HrEach add’l 30 Minutes | 2 pts total1 pt total |

Table 2: Sport-Related Activities

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| **Activity** | **Type** | **Time** | **Point Value** |
| Badminton Game Play | N/A | 30 minutesEach add’l 15 minutes | 2 points1 point |
| Basketball Game Play | Full Court | 30 minutesEach add’l 15 minutes | 4 points2 points |
| Basketball Game Play | Half Court | 30 minutesEach add’l 15 minutes | 2 points1 point |
| Dance (all forms) | N/A | 30 minutesEach add’l 15 minutes | 3 points2 points |
| Football Game Play | N/A | 30 minutesEach add’l 15 minutes | 2 points1 point |
| Golf (Walking Only) | N/A | 18 holes9 holes | 3 points1 point |
| Softball/Baseball | N/A | 30 minutesEach add’l 15 minutes | 2 points1 point |
| Soccer Game Play | N/A | 30 minutesEach add’l 15 minutes | 4 points2 points |
| Tennis Game Play | Singles | 30 minutesEach add’l 15 minutes | 3 points2 points |
| Tennis Game Play | Doubles | 30 minutesEach add’l 15 minutes | 2 points1 point |
| Ultimate Game Play | N/A | 30 minutesEach add’l 15 minutes | 4 points2 points |
| Volleyball Game Play | N/A | 30 minutesEach add’l 15 minutes | 2 points1 point |
| Weight Training | Circuit Training | 30 minutesEach add’l 15 minutes | 4 points2 points |
| Weight Training  | Rest Intervals | 30 minutesEach add’l 15 minutes | 2 points1 point |

Other Activities

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| **Activity**  | **Type** | **Time** | **Point Value** |
| Gardening | Planting, potting, sewing, watering | 1 HourEach add’l 30 Minutes | 2 Points1 Point |
| Yard Work or Landscaping | Digging, Mowing, Weed Eating | 1 HourEach add’l 30 Minutes | 4 Points2 Points |
| Wii Fitness or Xbox Kinect Video Games | Interactive/Fitness | 30 MinutesEach add’l 15 Minutes | 2 Points1 Point |
| Walking with Pedometer | Cardiovascular Exercise | # of Steps: **In one Day**6000 Steps7000 Steps8000 Steps9000 Steps | 2 Points4 Points6 Points8 Points |
| Walking up and down stairs | N/A | 50 StairsEach add’l 25 stairs | 2 Points1 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 MinutesEach add’l 15 Minutes | 4 Points2 Points |
| Skating | Roller Skating/Ice Skating, Roller Blading | 30 MinutesEach add’l 15 Minutes | 4 Points2 Points |
| Bowling | N/A | 1hourEach add’l 15 Minutes | 3 Points2 Points |
| Jump Rope | N/A | 30 Minutes | 4 Points |
| Cleaning the house | Dusting, Vacuuming, Laundry, Dishes, etc. | 30 MinutesEach add’l 15 Minutes | 2 Points1 Point |

To be turned in to Coach Henry Daily:

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

Cardiovascular Exercise

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| Date of Activity | Activity | Distance | Time | Points |
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Sport-Related Activities

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| Date of Activity | Activity | Type | Time | Points |
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Other Activities

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| Date of Activity | Activity | Type | Time | Points |
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Total Points: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

To be turned in to Coach HenryDaily:

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

Class Period \_\_\_\_­­