A MINIMUM OF 35 POINTS ARE REQUIRED TO LETTER IN PHYSICAL FITNESS

Semester 1 Physical Fitness Grades  *Note: at least 90% is required to apply for lettering*

- [ ] 5 pts - 94% or higher
- [ ] 3 pts - 90 - 93%

TOTAL POINTS FOR THIS SECTION

Semester 1 School Attendance  *Note: at least 90% attendance is required to apply for lettering*

- [ ] 5 pts: 95% - 100%
- [ ] 3 pts: 90% - 94.9%

TOTAL POINTS FOR THIS SECTION

5 Points Earned for Each of the Following - record details on next page

- [ ] Honors citizenship in school PE class
- [ ] Participate in an organized race or team sport
- [ ] Meet Presidential Fitness requirements for 4 out of 5 categories (record on next page)
- [ ] Keep a daily journal recording your fitness activity each day
- [ ] Write a 500 word essay on good sportsmanship (attach essay)
- [ ] Participate in another approved event/project (approved by PE teacher)

TOTAL POINTS FOR THIS SECTION
A Minimum of 2 pts Must Come From This Section - record details below

- 2 pts earned for each 2 mile (or more) hike you go on (attach pictures)
- 2 pts for every 4 hours of swimming/biking you do
- 2 pts for each elective PE class taken at Vista  _________ (year)  ___________ (year)
- Student Service (2 pts can be earned for every 4 hours of service - maximum 12 points)
- 2 pts earned for each PE class you TA in  Class: ________________________________

TOTAL POINTS FOR THIS SECTION

TOTAL POINTS FOR ALL SECTIONS:  

Details
Pre-Approved Community Event/Project (List the Event/Project and have a PE teacher sign it)

1. 

2.

Swimming/biking (log dates and places)

1. 

2.

Presidential Fitness Requirements (4 out of 5 categories - list categories)

1. 

2. 

3. 

4.

Teacher Signature _____________________________