



6536 Estrella Ave
San Diego, CA 92120
gracemvcf@gmail.com
GraceChristianSchools.com

Physical Education is a required class : K-8
4 semesters are required 9—12
additional semesters may be taken for elective credit

Final
Grade

Student’s Name: _____

Student’s Grade Level: _____

GOAL:

- K—6th: 100 minutes per week
- 7th—12th: 200 minutes per week

Methods and Curricula:

Please list the primary forms of physical activity:

Use Hour Log to log physical activity.

I certify that my student has completed the requirements for this class.

Parent Signature: _____ Date: _____

Submit this form, hour log, and one page paper for credit

A ministry of Mission Valley Christian Fellowship





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	Day 1	Day 2	Day 3	Day 4	Day 5	Total Time
Week ____						
Week ____						
Week ____						
Week ____						
Week ____						
Week ____						
Week ____						
Week ____						
Week ____						
Week ____						
Week ____						
Week ____						
Week ____						
Week ____						
Week ____						

180 hours equals one year and 90 hours equals 1 semester
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