

LearnNow BC – Daily Physical Activity (DPA) Online Tracker (Grade 11s & 12s)

Moscrop Secondary DPA is online! This hand-out will give you the step-by-step instructions you need to sign up for an online account where you can log and get credit for your DPA.

Please follow the instructions below and have your account created by the **first Friday of the school year** so you can begin logging and tracking your DPA.

STEP 1: If you are new to LearnNow BC, sign up for an account.

Go to: www.LearnNowBC.ca (add the website to your favourites, or bookmarks, for easy access)

Click on “Sign Up”

Select “Student”

Fill in all of the fields. Here are some instructions for some of the fields:

USER NAME: This will be your **student number** (same as it is for your Moscrop computer user name) (If you didn’t use your student number, it’s ok – just be sure to remember the username you chose!!)

PEN: If you know your PEN (Personal Education Number) enter it.

If you do not know your PEN, make sure you enter your proper LEGAL name and birth date when signing up, and the system will find your PEN itself. You will not need to do anything else about this.

EMAIL ADDRESS: add the address you use the most (the one you check regularly)

Logout in the top right-hand corner when you are done.

You will get an email confirming your registration. Be sure to click the appropriate area in your email so that LearnNow BC emails will NOT go to your junk mail folder. Do this now, so you don’t forget!

Be sure to choose **Moscrop** as your school, and your **proper grade**, or I won’t be able to see your log.

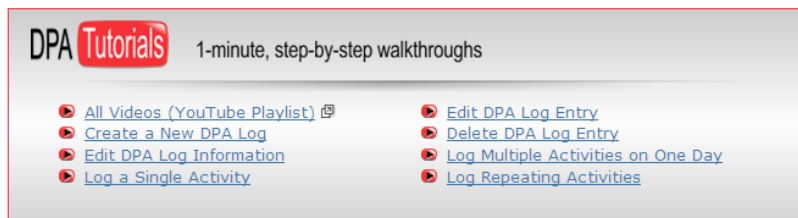
STEP 2: Learn how to use the online DPA tracker.

At the www.LearnNowBC.ca home page, scroll over “For Students” and click on “Daily Physical Activity” (the first option). Watch **all** of the 1-minute DPA tutorials (this takes less than 10 minutes) to learn how to use the online tracker.

THIS 10 MINUTES WILL SAVE YOU HOURS OF TIME. DO NOT SKIP THIS IMPORTANT STEP! YOU WILL THANK YOURSELF LATER.

This is what the video links look like:

Click on each one and watch →



DPA Tutorials 1-minute, step-by-step walkthroughs

- ▶ [All Videos \(YouTube Playlist\)](#) ⓘ
- ▶ [Create a New DPA Log](#)
- ▶ [Edit DPA Log Information](#)
- ▶ [Log a Single Activity](#)
- ▶ [Edit DPA Log Entry](#)
- ▶ [Delete DPA Log Entry](#)
- ▶ [Log Multiple Activities on One Day](#)
- ▶ [Log Repeating Activities](#)

STEP 3: Create your first DPA log

Follow the video instructions to create your first log.

LOG NAME: Your Name & Grade, Term 1 log ←I need this to be clear for easy assessment

Example: "William's Gr 11 Term 1 log"

LOG START DATE: 2015-09-08 (September 8, 2015)- the first day of school in September

LOG END DATE: This will be the due date for that term (see below).

Warning!!!! Do not log activities past the due date, or you may have to go back later and delete the extra days!!!

STEP 4: Get active!

The most important part – BE SURE TO PLAN OUT AND GET STARTED ON BEING ACTIVE. Your 150 minutes / week starts the FIRST WEEK OF SCHOOL, so don't delay! Get active today!

DUE DATES AND PROCEDURES

I encourage you to log DPA weekly on your LearnNow BC account, but the deadlines below are when I will be checking and verifying your DPA records each term in order to give you credit on your report card. You don't need to print your log, I can see it live. However, if you forget to finish your log by the due date, email laura.dato@sd41.bc.ca to tell me, so I know to specifically go back and check late logs.

Remember do not log past the due date, or it will mess up your next log.

Term 1: November 20, 2015

Term 2: February 18, 2016

Term 3: June 10, 2016

See Mrs. Dato in room 313 or email laura.dato@sd41.bc.ca if you have any questions or concerns!

Get fit! Be active!