

Name: \_\_\_\_\_

First Name and Last Name

Grade: \_\_\_\_\_

Date: \_\_\_\_\_

Student #: \_\_\_\_\_

# MISSING Daily Physical Activity Log – "I" Assignment #1

Missing Term(s): \_\_\_\_\_ School Year 20\_\_ to 20\_\_

1. Why did you not submit your DPA? \_\_\_\_\_

\_\_\_\_\_

2. What types of activities did you participate in? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. What are three positive results of Daily Physical Activity?

i. \_\_\_\_\_

ii. \_\_\_\_\_

iii. \_\_\_\_\_

4. Research **2** activities in the community that you could be participating outside of school. Provide some details about these program options.

Location, date time, cost (please attach a copy of a flyer, brochure or online schedule)

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

5. On the reverse side of this page, make a one month plan to incorporate physical activities into your life. (Create a realistic schedule that you can follow).

6. Have your parents or guardians sign the assignment. X \_\_\_\_\_

I understand that students must complete Daily Physical Activity every term in order to graduate in the Province of British Columbia. Students are required to submit a physical activity log every term in grades 10, 11 and 12.

Refer to the school website for more details:

<http://moscrop.sd41.bc.ca/daily-physical-activity-dpa/>