

Name: _____
Class / Teacher: _____

M.E. LaZerte High School
Physical Education Department

Voyageur Activity
PE 10

Philosophy

The aim of M.E LaZerte Physical Education program is to develop a physically aware individual who understands the benefits of being active and the importance of a life long healthy lifestyle.

Goal

The Voyageur Activity is created to promote a healthy lifestyle out side of the physical education classroom. Students will actively seek opportunities to develop their own health life style.

Assignment

In order to complete the Voyager Activity portion of the students Physical Education class students must:

- Participate in **1** intramural activity for it's duration
- OR**
- Complete 3 x 1 hour long workout sessions in the fitness center

Most important: **Students are responsible for tracking their own progress!**

Use the table below to track the progress

Fitness Center

| Workout | Date (month/day) | Duration (minutes) | Muscle Group Worked (upper body, lower body, cardio...) | Kristen's Signature |
|---------------|------------------|--------------------|---|---------------------|
| #1 | | | | |
| #2 | | | | |
| #3 | | | | |
| #4 (optional) | | | | |
| #5 (optional) | | | | |

Intramural

| Name of Intramural | Date Started | Date Completed | Number of games attended | Organizer Signature |
|--------------------|--------------|----------------|--------------------------|---------------------|
| | | | | |