

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

Class / Teacher: \_\_\_\_\_

M.E. LaZerte High School  
Physical Education Department

**Voyageur Activity (leadership)**  
**PE 20/30**

**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 leadership and a healthy lifestyle outside of the physical education classroom. Students will actively seek opportunities to develop their own health life style or experience leadership.

**Assignment**

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

- 5 hours-volunteer work within the school OR
- 5 hours in the Fitness Center OR
- 2 Intramural Activities

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				
#5				

**Intramural**

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