

CREATING YOUR PE PORTFOLIO

Creating your own “**PE Portfolio**” will be a fun activity and allow you to track your own progress as you improve your physical fitness levels and your own personal wellness.

You can be as creative as you want to be in designing your “**PE Portfolio**”.

Have a sibling or parent help you with this and have them also make their own “PE Portfolio” to track their own Fitness and Wellness as they become your “Workout Buddy”.

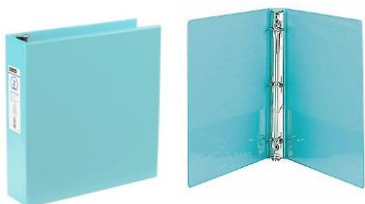
MAKE THESE ACTIVITIES FUN!!!

HOW TO CREATE YOUR “PE PORTFOLIO:

1. To start with, decide how you will organize and collect the information for your “**PE Portfolio**”.

Possible ideas:

A 3-ring Binder/Notebook



A Spiral Notebook



A Folder with papers inside



Choose whatever type you want based on what resources you have available.

2. Your “**PE Portfolio**” will be a record and collection of your PE - related and Fitness activities. This will be a fun way to track your progress.
3. Information that you will include in your “**PE Portfolio**”:
 - “**Daily Physical Activity Log**” - record your Daily Physical Activities, **the time/minutes active** for each activity, and if you have a Pedometer or Fitness Tracker such as a “Fitbit” **record your miles**. If you don’t have a pedometer, you can download a “Pedometer App” to your phone to use.

* See the information on this website and click on the link to view the “**Daily Physical Activity Log**”. If you cannot print this document then create a similar document yourself.
 - **Physical Fitness Test Scores**. Track your progress in Push-Ups, Crunches/Sit-ups, and the PACER Test. Write in your Test Scores. Set a NEW goal, then work to break

your own personal record. Challenge your sibling or family member to who has the greatest number of increased score AFTER the first test.

- **“Healthy Eating” Information.** You will learn about the importance of the “5 Basic Food Groups” through the “My Plate” program.

You will have an activity in the “Healthy Eating Section” on the website to keep track and record all the foods and drinks that you eat and drink for AT LEAST one week. This will allow you to see your “Healthy Eating” and the Non-Healthy Foods and drinks that you are having.

- **PE related “Journal” Questions. Improve your Literacy Skills** through PE-related activities and include your responses in your “PE Journal”.

From the “PE Journal Questions” that is listed on the website, each day pick 2 of the topics listed as choices and then write a short response to the question.

Write out your responses as if you would when completing an assignment for school. DO NOT write the way that you text.

This Journal activity will assist you in continuing to develop Literacy Skills through PE activities.

After completing your response, share your response with your parents and family members and have them respond to the question you selected. You may hear some interesting responses.

Then you write their response in your PE Journal.

- **Also, feel free to write as much as you would like in your “PE Journal”.** You may want to write in your Journal each day about how your day has gone or your feelings about anything that you would like.
- Include any other information that you would like to in your “PE Portfolio”. **Be sure to keep this Portfolio.** You will be interested in your activities and your responses when you read this your **“PE Portfolio”** information years from now!!