

Avanti High School Learning Plan

PE - ILP

Course Code:

Instructor: **Todd Thedell**

Student/Course Expectations

Student Name:

Advisor: **Todd Thedell**

Date Started:

3/17/08

Target Due Date:

4/28/08

Completion Date:

Target Grade: A B P

Books/Resources Issued:

Estimated Number of Hours to Complete this Credit/Set of Performance Tasks: 45

Estimated Number of Hours Student Should Complete Each Month in Order to Reach Target Due Date:

Credit Amount (if applicable): **0.25**

Office Use Only: ___ Instructor Copy ___ Tasks Talled
 ___ Advisor Copy ___ Tasks Recorded

EALRs or GLEs:

1.2, 1.3, 1.4, 2.3, 3.1, 3.2, 3.3, 3.4, 4.1, 4.2

Learning Activities

Assignment Requirements:

	Student will evaluate their food intake and physical activity using http://www.mypyramidtracker.gov/ and enter data at least 3 times per week
	Student will maintain a nutrition journal using the web site http://www.mypyramidtracker.gov/ and enter data at least 3 times per week
	Student will set two exercise goals and two nutritional goals to be monitored for the duration of the learning plan.
	Student will write five article summaries (250 words minimum, typed, double spaced) on issues related to health and nutrition. Include article with your summary.
	Student will participate in physical activities for a minimum of four hours a week for 6 weeks (or agreed upon equivalent) and will maintain a log with verification of their physical activity.
	At the end of the experience student will write a one page reflection paper on their experiences and insights from this course.

Teaching Components:

Student will meet with instructor on a weekly basis with journal additions and fitness logs.

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6

Performance Supervision, Evaluations, and Assessments:

Student will complete required hours of physical activity, turn in completed assessments, journals, article summaries and fitness logs for completing of this course.

Progress Reviews

Dates:	Notes:
20 Day Review - Date:	
40 Day Review - Date:	

Student Signature:	Date:
Instructor Signature	Date:

My Pyramid Tracker:	User name: _____
Exercise Goals:	1)
	2)
Nutritional Goals:	1)
	2)
Article Titles:	1)
	2)
	3)
	4)
	5)