

PHYSICAL FITNESS LETTERING

Teacher Signature

Application approval:

Name:

The privilege of earning a Vista letter takes work and dedication. You must be an example of academic achievement, excellent attendance, and great citizenship, as well as participate in activities outside of regular classroom time. Follow the instructions carefully and keep track of your progress. Complete your requirements by the third Friday in April. **Attention: **You must have maintained at least 90% for each end of quarter grade****

A MINIMUM OF 35 POINTS ARE REQUIRED TO LETTER IN PHYSICAL FITNESS

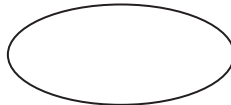
Semester 1 Physical Fitness Grades

Note: at least 90% is required to apply for lettering

☐ 5 pts - 94% or higher

☐ 3 pts - 90 - 93%

TOTAL POINTS FOR THIS SECTION




School Attendance

Note: at least 95% attendance is required to apply for lettering

☐ 5 pts: 0-4 absences

☐ 3 pts: 5-9 absences

TOTAL POINTS FOR THIS SECTION



5 Points Earned for Each of the Following - record details on next page

☐ Honors citizenship in school PE class

☐ Participate in an organized race or team sport

☐ Meet Presidential Fitness requirements for 4 out of 5 categories (record on next page)

☐ Write a 500 word essay on good sportsmanship (attach essay)

☐ Participate in another approved event/project (approved by PE teacher)

TOTAL POINTS FOR THIS SECTION



A Minimum of 2 pts Must Come From This Section - record details below

- ☐ 2 pts earned for each 2 mile (or more) hike you go on (attach pictures)
- ☐ 2 pts for every 4 hours of swimming/biking you do
- ☐ 2 pts for each elective PE class taken at Vista (Fitness for Life or Biking)____ (yr) ____ (yr)
- ☐ Student Service (2 pts can be earned for every 4 hours of service - maximum 12 points)
list on last page
- ☐ 2 pts earned for each PE class you TA in Class: _____

TOTAL POINTS FOR THIS SECTION

TOTAL POINTS FOR ALL SECTIONS:

Details

Pre-Approved Community Event/Project (List the Event/Project and have a PE teacher sign it)

1.

teacher signature

2.

teacher signature

Swimming/biking (log dates and places)

1.

2.

Presidential Fitness Requirements (4 out of 5 categories - list categories)

1.

2.

3.

4.

Teacher Signature _____