

AMI PE EXPECTATIONS

Welcome to Alternate Instruction PE!

1. This assignment is mandatory to complete for any snow day deemed as AMI. It is also available for pick up at school. Check the school website for specific pick up times.
2. Complete the daily log. After practicing any PE skills we worked on in class, you must create 3 different activities per day that use the skill (see the sample on the last page).
 - a. Sports - choose any sport that we already practiced in class
 - b. Fitness - use any part of the warm up or fitness test (push ups, sit ups, running, flexibility)
3. For each AMI day, you will complete that section of the chart with 3 activities. Fill in each section: description, time, intensity, and reflection.
 - a. Description: what did you practice and how (see example)
 - b. Time: Must total 10 minutes for each AMI day
 - c. Intensity:
What is Intensity?
 - Intensity refers to how much effort is put into the activity
 - **Mild Intensity:** No increase in heart rate/breathing. Normal/Daily Activity
 - **Moderate Intensity:** Increase in heart rate/breathing but still able to talk
 - **Vigorous Intensity:** Increase in heart rate/breathing, difficult to talk
 - d. Reflection: 1-2 sentences on how you think your activity went, how did you feel, was it a good workout, etc.
4. Turn in by the due date on Google Classroom

PE AMI Log Sheet

Name _____

Directions: Complete 3 activities per day related to the skills shown in the demonstration videos on Google Classroom.

Date	Describe Activity	Duration (time)	Intensity (Mild, Moderate, Vigorous)	Personal Reflection (what did you think about it)
AMI DAY 1				
AMI DAY 2				
AMI DAY 3				
AMI DAY 4				

PE AMI Log Sheet

Name Sample

Sport -Skills Basketball - Dribbling

Directions: Complete 3 activities per day related to the skills shown in the demonstration videos on Google Classroom.

Date	Describe Activity	Duration (time)	Intensity (Mild, Moderate, Vigorous)	Personal Reflection (what did you think about it)
AMI DAY 1	Dribble around a rock in my driveway	2 min	mild	This was boring. I wish I had a cone. I am good at dribbling in a circle
	Running and dribbling while switching hands	3 min	moderate	I was tired after this! I can switch hands but I only had a soccer ball to dribble with so it was difficult to keep a good bound
	Dribbling against my brother during a basketball game in my garage	5 min	vigorous	This was fun! We don't have a basketball hoop but my brother is not a good defender and I would beat him in a real game.
AMI DAY 2				
AMI DAY 3				