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## **GRAD TRANSITIONS 12**

### **DPA 12 TRACKING INSTRUCTIONS**

**For this assignment, students need to prove that they have completed a minimum of 2 ½ hours (150 minutes) of physical activity for 28 weeks (7 months). There are a number of ways that can be completed.**

**If you are in Grade 12 and you are taking a PE course in either semester 1 or semester 2, you need to gain a passing grade in that course and you are not required to track your physical activity.**

**If you are in Grade 12 and you are *NOT TAKING a PE COURSE* in either semester, you are required to track your physical activity in the amounts listed above and submit it to Ms. Arbuckle.**

**There are 2 different options or formats for you to choose from in order to track your physical activity. Choose the format that best fits for you and the type of activity you are doing and submit your completed assignment to Ms. Arbuckle.**

**The assignment formats are listed in the following ways:**

- **GT 12 ASSIGNMENT 11 OPTION 1: DPA 12 TRACKING BOOKLET**
- **GT 12 ASSIGNMENT 11 OPTION 2: DPA 12 LETTER FROM COACH / TRAINER**

*If none of these seem to fit for you; or you have questions, please contact Ms. Arbuckle*

*If you have not completed PE 10, and you are in Grade 12, please see Ms. Arbuckle as soon as possible.*