

Physical Education 1

HOME SUPERVISOR MATERIALS

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This *A Beka Academy* Traditional Parent-Directed course is designed for use by students at home. The course materials have been carefully outlined so that students can do the work independently with a minimum of supervision. No curriculum is included for the Home Supervisor. For grades 9–12, the main responsibilities of the Home Supervisor are to ensure that the studies are done daily, to drill material from the book for review, and to administer and supervise all quizzes and tests.

Physical Education 1 Home Supervisor Materials

Fifth Edition

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Keys to Success



Keys to Success

This course may be different from any other physical education course your student has ever taken. Listed below are several suggestions that will help make your student a success in physical education.

Read the *entire* Daily Lesson book before your student begins exercising. Require your student to read it also.

Choose either the Beginner or Conditioned level and follow that level for the entire first semester.

Start now—do not postpone the physical education course.

Continue to advance to the next weekly level on the charts, even if your student changes exercises while in the Beginner level, unless the Skills Test was not completed. Do not return to week 1 for the new exercise.

Only activities listed in the Daily Lesson book count for course credit. If an activity is not listed there, do not use it for this course.

Enter complete, accurate, *daily* records on the progress report.

Questions will be answered most efficiently if you contact our office *before* you make any alterations to the course.

- For the first four days of PE, record the main activity done and the total class time spent (please include changing, warm-ups, cool downs, and showers).
- On the fifth day of class, record the activity done for the Skills Test and the time spent on the Skills Test.
- Circle the **P** if the student met the goal from the Activity Goal Charts from the Daily Lessons on the fifth day or **NP** if they did not meet the goal on the fifth day.

	Day 1	Day 2	Day 3	Day 4	Day 5**	
Week 1	Activity	Activity	Activity	Activity	Skills Test Activity	Distance / Steps per Minute*
	<i>Running</i>	<i>Running</i>	<i>Running</i>	<i>Running</i>	<i>Running</i>	<i>10 miles</i>
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	Ⓟ or NP
	<i>50 min</i>	<i>50 min</i>	<i>50 min</i>	<i>50 min</i>	<i>10:30 min</i>	

General Information

General Information

General Information

Please read this entire guide.

Introduction

We welcome you and your student to this *A Beka Academy* Traditional Parent-Directed course. This guide will provide you information about *A Beka Academy* policies and procedures.

In many ways you are the key to the student's progress in his courses. Your concern and diligence in helping him complete his work according to proper procedures will let him know you are determined he will be successful.

Progress Reports

Two sets of Progress Reports are included in this book. They provide a convenient way for you to organize the grades and material that you must send to our office. The gold Progress Report must be sent to *A Beka Academy* within five days of the end of each grading period. (See Academic Calendar at abekaacademy.org for expected schedule.)

The white Home Supervisor's Progress Reports are included for your record. If for some reason *A Beka Academy* does not receive the gold Progress

Report, your copy will be *the only record of the student's work*. It is imperative that you take the following precautions:

- **Enter all grades on both sets of Progress Reports** before mailing the gold report.
- **Promptly mail Progress Reports** at the end of each grading period.
- **Keep all Home Supervisor's Progress Reports** permanently.

If these guidelines are not followed and work is not received, no grades or transcripts will be issued and the student will be required to repeat the course.

Please note the following:

- **Send a Progress Report** only when all items on the Progress Report have been completed. *Do not* put student work with DVD returns.
- **Be sure to include all items** requested on each Progress Report sheet, or the grade will be lowered accordingly.

Contact our office if a report card is not received within six weeks.

A Beka Academy Personnel

We are interested in helping your student successfully complete his work. Please let us know early if any serious problems are encountered. Enrollment, customer service, and grading agents are available to help with all your questions.

You may contact *A Beka Academy* by one of the following methods:



Online: abekaacademy.org



E-mail: highschoolinfo@abekaacademy.org



Phone: U.S. and Canadian Inquiries 1-800-874-3592
International Inquiries (850) 479-6585



Fax: 24-Hour Toll-Free Fax 1-800-874-3593
International Fax (850) 479-6549



Write: ***A Beka Academy, Inc.***
P.O. Box 17600
Pensacola, FL 32522-7750
U.S.A.

Physical Address (for Progress Reports and office
correspondence only):

240 Waveland
Suite A
Pensacola, FL 32503

Progress Reports

Progress Report Instructions

Please note the following on the progress report:

- For the first four days of PE, record the main activity done and the total class time spent (please include changing, warm-ups, cool downs, and showers). Minimum time requirement is 50 minutes per day.
- On the fifth day of class, record the activity done for the Skills Test.

Then record the time it took to complete the Skills Test distance (i.e., run 1 mile in 10 minutes and 30 seconds).

If a sport or activity is chosen that does not require a specific Skills Test, simply enter the time spent playing the sport or participating in the activity on Day 5. (Check Skills Test Goal Charts to determine the amount of time required.)

- Circle the **P** if the student met the goal on the Skills Test Goal Charts from the Daily Lessons on the fifth day or **NP** if they did not meet the goal on the fifth day.

- Activities not listed on the Skills Test Goal Charts must be approved by ABA *before* participating in the activity.

1. Count the total number of **P**'s.
2. Use the scale below to calculate the student's overall nine-weeks grade.

Total Number of P 's	Grade
9	A
8	B
6–7	C
5	D
0–4	F

3. Record this grade in the space provided on the Progress Report.

See sample week below.

	Day 1	Day 2	Day 3	Day 4	Day 5**	
Week 1	Activity	Activity	Activity	Activity	Skills Test Activity	Distance / Steps per Minute*
	<i>Running</i>	<i>Running</i>	<i>Running</i>	<i>Running</i>	<i>Running</i>	<i>10 miles</i>
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	Ⓟ or NP
	<i>50 min</i>	<i>50 min</i>	<i>50 min</i>	<i>50 min</i>	<i>10:30 min</i>	

Accredited students send progress reports to the address below. Do not send with any DVD or book returns.
Independent Study students should keep these reports for their own records.



TRADITIONAL
PARENT-DIRECTED
COURSE

PHYSICAL EDUCATION 1 Progress Report

First Grading Period
Grade Sheet—9th week
Lessons 1–43
491I

Account No.

Student ID No.

Student Name _____
Last First Middle

Home Supervisor _____

Mailing Address _____

City, State _____

Country/ZIP Code _____

Date _____

New Phone Number _____

Check if the above is a change of address for

Shipping Mailing Billing

A Beka Academy
P.O. Box 17600
Pensacola, Florida 32522-7750

Level: Beginner/Conditioned (circle one)

	Day 1	Day 2	Day 3	Day 4	Day 5**	
Week 1	Read Daily Lesson Book	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
		Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 2	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 3	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 4	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP

(over)

*if applicable
**See Skills Test instructions in Daily Lessons before entering Day 5 information.

	Day 1	Day 2	Day 3	Day 4	Day 5**	
Week 5	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 6	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 7	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 8	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 9	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP

¹²

Grading Period 1 has 43 lessons.
The final 2 activity days are not required.

*if applicable

**See Skills Test instructions in Daily Lessons before entering Day 5 information.

Fill in your Activity and Class Time Spent for each day and circle **P** or **NP** as appropriate for each week.

I have completed the activity for the time recorded on this page. I understand that the information on this signed report is considered accurate and cannot be changed.

(student's signature)

(home supervisor's signature)

Total number of **P**'s circled

Letter grade

Grading Scale: 9 P's = A; 8 P's = B; 6–7 P's = C; 5 P's = D; 0–4 P's = F

**You may check your student's grades online at abekaacademy.org.
Official grades are on the report card mailed to the student.**

Accredited students send progress reports to the address below. Do not send with any DVD or book returns.
Independent Study students should keep these reports for their own records.



TRADITIONAL
PARENT-DIRECTED
COURSE

Home Supervisor's Copy

First Grading Period
Grade Sheet—9th week
Lessons 1–43
491I

PHYSICAL EDUCATION 1 Progress Report

Account No.

Student ID No.

Student Name _____
Last First Middle

Home Supervisor _____

Mailing Address _____

City, State _____

Country / ZIP Code _____

Date _____

New Phone Number _____

Check if the above is a change of address for

Shipping Mailing Billing

A Beka Academy
P.O. Box 17600
Pensacola, Florida 32522-7750

Level: Beginner/Conditioned (circle one)

	Day 1	Day 2	Day 3	Day 4	Day 5**	
Week 1	Read Daily Lesson Book	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
		Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 2	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 3	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 4	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP

(over)

*if applicable
**See Skills Test instructions in Daily Lessons before entering Day 5 information.

	Day 1	Day 2	Day 3	Day 4	Day 5**	
Week 5	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 6	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 7	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 8	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 9	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP

¹² Grading Period 1 has 43 lessons.
The final 2 activity days are not required.

*if applicable
**See Skills Test instructions in Daily Lessons before entering Day 5 information.

Fill in your Activity and Class Time Spent for each day and circle **P** or **NP** as appropriate for each week.

I have completed the activity for the time recorded on this page. I understand that the information on this signed report is considered accurate and cannot be changed.

(student's signature)

(home supervisor's signature)

Total number of **P**'s circled

Letter grade

Grading Scale: 9 P's = A; 8 P's = B; 6–7 P's = C; 5 P's = D; 0–4 P's = F

**You may check your student's grades online at abekaacademy.org.
Official grades are on the report card mailed to the student.**

Accredited students send progress reports to the address below. Do not send with any DVD or book returns.
Independent Study students should keep these reports for their own records.



TRADITIONAL
PARENT-DIRECTED
COURSE

PHYSICAL EDUCATION 1
Progress Report

Second Grading Period
Grade Sheet—18th week
Lessons 44–85
492I

Account No.

Student ID No.

Student Name _____
Last First Middle

Home Supervisor _____

Mailing Address _____

City, State _____

Country/ZIP Code _____

Date _____

New Phone Number _____

Check if the above is a change of address for

Shipping Mailing Billing

A Beka Academy
P.O. Box 17600
Pensacola, Florida 32522-7750

Level: Beginner/Conditioned (circle one)

	Day 1	Day 2	Day 3	Day 4	Day 5**	
Week 10	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 11	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 12	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 13	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP

*if applicable

(over)

**See Skills Test instructions in Daily Lessons before entering Day 5 information.

	Day 1	Day 2	Day 3	Day 4	Day 5**	
Week 14	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 15	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 16	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 17	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 18	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP

¹² Grading Period 2 has 42 lessons.
The final 3 activity days are not required.

*if applicable
**See Skills Test instructions in Daily Lessons before entering Day 5 information.

Fill in your Activity and Class Time Spent for each day and circle **P** or **NP** as appropriate for each week.

I have completed the activity for the time recorded on this page. I understand that the information on this signed report is considered accurate and cannot be changed.

(student's signature)

(home supervisor's signature)

Total number of **P**'s circled

Letter grade

Grading Scale: 9 P's = A; 8 P's = B; 6–7 P's = C; 5 P's = D; 0–4 P's = F

You may check your student's grades online at abekaacademy.org.
Official grades are on the report card mailed to the student.

Accredited students send progress reports to the address below. Do not send with any DVD or book returns.
Independent Study students should keep these reports for their own records.



TRADITIONAL
PARENT-DIRECTED
COURSE

Home Supervisor's Copy

Second Grading Period
Grade Sheet—18th week
Lessons 44–85
492I

PHYSICAL EDUCATION 1 Progress Report

Account No.

--	--	--	--	--	--	--	--

Student ID No.

--	--	--	--	--	--	--	--

Student Name _____
Last First Middle

Home Supervisor _____

Mailing Address _____

City, State _____

Date _____

Country/ZIP Code _____

New Phone Number _____

Check if the above is a change of address for

Shipping Mailing Billing

A Beka Academy
P.O. Box 17600
Pensacola, Florida 32522-7750

Level: Beginner/Conditioned (circle one)

	Day 1	Day 2	Day 3	Day 4	Day 5**	
Week 10	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 11	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 12	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 13	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP

*if applicable

(over)

**See Skills Test instructions in Daily Lessons before entering Day 5 information.

	Day 1	Day 2	Day 3	Day 4	Day 5**	
Week 14	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 15	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 16	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 17	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 18	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP

¹² Grading Period 2 has 42 lessons.
The final 3 activity days are not required.

*if applicable
**See Skills Test instructions in Daily Lessons before entering Day 5 information.

Fill in your Activity and Class Time Spent for each day and circle **P** or **NP** as appropriate for each week.

I have completed the activity for the time recorded on this page. I understand that the information on this signed report is considered accurate and cannot be changed.

(student's signature)

(home supervisor's signature)

Total number of **P**'s circled

Letter grade

Grading Scale: 9 P's = A; 8 P's = B; 6–7 P's = C; 5 P's = D; 0–4 P's = F

You may check your student's grades online at abekaacademy.org.
Official grades are on the report card mailed to the student.

Progress Report Instructions

Please note the following on the progress report:

- For the first four days of PE, record the main activity done and the total class time spent (please include changing, warm-ups, cool downs, and showers). Minimum time requirement is 50 minutes per day.
- On the fifth day of class, record the activity done for the Skills Test.

Then record the time it took to complete the skills test distance (i.e., run 1 mile in 10 minutes and 30 seconds).

If a sport or activity is chosen that does not require a specific Skills Test, simply enter the time spent playing the sport or participating in the activity on Day 5. (Check Skills Test Goal Charts to determine the amount of time required.)

- Circle the **P** if the student met the goal on the Skills Test Goal Charts from the Daily Lessons on the fifth day or **NP** if they did not meet the goal on the fifth day.

- Activities not listed on the Skills Test Goal Charts must be approved by ABA *before* participating in the activity.

1. Count the total number of **P**'s.
2. Use the scale below to calculate the student's overall nine-weeks grade.

Total Number of P 's	Grade
9	A
8	B
6–7	C
5	D
0–4	F

3. Record this grade in the space provided on the Progress Report.

See sample week below.

	Day 1	Day 2	Day 3	Day 4	Day 5**	
Week 1	Activity	Activity	Activity	Activity	Skills Test Activity	Distance / Steps per Minute*
	<i>Running</i>	<i>Running</i>	<i>Running</i>	<i>Running</i>	<i>Running</i>	<i>1.0 miles</i>
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
	<i>50 min</i>	<i>50 min</i>	<i>50 min</i>	<i>50 min</i>	<i>10:30 min</i>	

Accredited students send progress reports to the address below. Do not send with any DVD or book returns.
Independent Study students should keep these reports for their own records.



TRADITIONAL
PARENT-DIRECTED
COURSE

PHYSICAL EDUCATION 1 Progress Report

Third Grading Period
Grade Sheet—27th week
Lessons 86–128
493I

Account No.

--	--	--	--	--	--	--	--	--	--

Student ID No.

--	--	--	--	--	--	--	--	--	--

Student Name _____
Last First Middle

Home Supervisor _____

Mailing Address _____

City, State _____

Country/ZIP Code _____

Date _____

New Phone Number _____

Check if the above is a change of address for

Shipping Mailing Billing

A Beka Academy
P.O. Box 17600
Pensacola, Florida 32522-7750

Level: Beginner/Conditioned (circle one)

	Day 1	Day 2	Day 3	Day 4	Day 5**	
	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
Week 19						
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 20	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 21	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 22	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP

(over)

*if applicable
**See Skills Test instructions in Daily Lessons before entering Day 5 information.

	Day 1	Day 2	Day 3	Day 4	Day 5**	
Week 23	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 24	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 25	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 26	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 27	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP

¹² Grading Period 3 has 43 lessons.
The final 2 activity days are not required.

*if applicable
**See Skills Test instructions in Daily Lessons before entering Day 5 information.

Fill in your Activity and Class Time Spent for each day and circle **P** or **NP** as appropriate for each week.

I have completed the activity for the time recorded on this page. I understand that the information on this signed report is considered accurate and cannot be changed.

(student's signature)

(home supervisor's signature)

Total number of **P**'s circled

Letter grade

Grading Scale: 9 P's = A; 8 P's = B; 6–7 P's = C; 5 P's = D; 0–4 P's = F

You may check your student's grades online at abekaacademy.org.
Official grades are on the report card mailed to the student.

Accredited students send progress reports to the address below. Do not send with any DVD or book returns.
Independent Study students should keep these reports for their own records.



TRADITIONAL
PARENT-DIRECTED
COURSE

Home Supervisor's Copy

Third Grading Period
Grade Sheet—27th week
Lessons 86–128
493I

PHYSICAL EDUCATION 1 Progress Report

Account No.

Student ID No.

Student Name _____
Last First Middle

Home Supervisor _____

Mailing Address _____

City, State _____

Date _____

Country/ZIP Code _____

New Phone Number _____

Check if the above is a change of address for

Shipping Mailing Billing

A Beka Academy
P.O. Box 17600
Pensacola, Florida 32522-7750

Level: Beginner/Conditioned (circle one)

	Day 1	Day 2	Day 3	Day 4	Day 5**	
Week 19	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 20	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 21	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 22	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP

(over)

*if applicable
**See Skills Test instructions in Daily Lessons before entering Day 5 information.

	Day 1	Day 2	Day 3	Day 4	Day 5**	
Week 23	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 24	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 25	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 26	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 27	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
			Class Time Spent	Class Time Spent		
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP

¹² Grading Period 3 has 43 lessons.
The final 2 activity days are not required.

*if applicable
**See Skills Test instructions in Daily Lessons before entering Day 5 information.

Fill in your Activity and Class Time Spent for each day and circle **P** or **NP** as appropriate for each week.

I have completed the activity for the time recorded on this page. I understand that the information on this signed report is considered accurate and cannot be changed.

(student's signature)

(home supervisor's signature)

Total number of **P**'s circled

Letter grade

Grading Scale: 9 P's = A; 8 P's = B; 6–7 P's = C; 5 P's = D; 0–4 P's = F

You may check your student's grades online at abekaacademy.org.
Official grades are on the report card mailed to the student.

Accredited students send progress reports to the address below. Do not send with any DVD or book returns.
Independent Study students should keep these reports for their own records.



TRADITIONAL
PARENT-DIRECTED
COURSE

PHYSICAL EDUCATION 1 Progress Report

Fourth Grading Period
Grade Sheet—36th week
Lessons 129–170
494I

Account No.

Student ID No.

Student Name _____
Last First Middle

Home Supervisor _____

Mailing Address _____

City, State _____

Country/ZIP Code _____

Date _____

New Phone Number _____

Check if the above is a change of address for

Shipping Mailing Billing

A Beka Academy
P.O. Box 17600
Pensacola, Florida 32522-7750

Level: Beginner/Conditioned (circle one)

	Day 1	Day 2	Day 3	Day 4	Day 5**	
	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
Week 28						
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 29	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 30	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 31	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP

*if applicable

(over)

**See Skills Test instructions in Daily Lessons before entering Day 5 information.

	Day 1	Day 2	Day 3	Day 4	Day 5**	
Week 32	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 33	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 34	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 35	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 36	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP

¹² Grading Period 4 has 42 lessons.
The final 3 activity days are not required.

*if applicable
**See Skills Test instructions in Daily Lessons before entering Day 5 information.

Fill in your Activity and Class Time Spent for each day and circle **P** or **NP** as appropriate for each week.

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(student's signature)

(home supervisor's signature)

Total number of **P**'s circled

Letter grade

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TRADITIONAL
PARENT-DIRECTED
COURSE

Home Supervisor's Copy

Fourth Grading Period
Grade Sheet—36th week
Lessons 129–170
494I

PHYSICAL EDUCATION 1 Progress Report

Account No.

Student ID No.

Student Name _____
Last First Middle

Home Supervisor _____

Mailing Address _____

City, State _____

Date _____

Country/ZIP Code _____

New Phone Number _____

Check if the above is a change of address for

Shipping Mailing Billing

A Beka Academy
P.O. Box 17600
Pensacola, Florida 32522-7750

Level: Beginner/Conditioned (circle one)

	Day 1	Day 2	Day 3	Day 4	Day 5**	
Week 28	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 29	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 30	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 31	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP

*if applicable

(over)

**See Skills Test instructions in Daily Lessons before entering Day 5 information.

	Day 1	Day 2	Day 3	Day 4	Day 5**	
Week 32	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 33	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 34	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 35	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP
Week 36	Activity	Activity	Activity	Activity	Skills Test Activity	Distance/ Steps per Minute*
	Class Time Spent	Class Time Spent	Class Time Spent	Class Time Spent	Skills Test Time	P or NP

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