



Vanier Catholic Secondary

16 Duke Road, Whitehorse, YT Y1A 4M2
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www.yesnet.yk.ca/schools/vanier

Graduation Transition Standards

Requirement: *100 Hours of Physical Activity Per Year*

Name: _____

Grade: 12 Anticipated Date of Graduation: _____

Choose one of the following options to fulfill this requirement:

- I am taking and will complete the following course(s):
- Physical Education 12
 - Fitness 11
- I am involved in an organized physical activity (sports team, dance class, fitness plan) during this school year that will satisfy this requirement. Please describe the activity and provide a calculation of the number of hours that will be spent doing this activity during this school year.

- Attached is my log of moderate to vigorous physical activity completed during this school year:

More space is available on the reverse of this form – extra sheets are available from school office

Date Received: _____

Checked by: _____

Approved by: _____

Student Signature: _____

Date: _____

