



2800 Vassar St., Reno, NV 89502

775-324-3900

Fax 775-324-3901

SUPERVISED PE INFORMATION

Examples of acceptable Supervised PE activities are bike riding, jogging, walking, working out at a gym, bowling, miniature golf, roller skating, swimming, skiing, football, baseball, etc.

Please make sure the form is signed on each line and a phone number is provided. PE forms are due the first Friday of each month.

Please be realistic logging your time for the activity you performed. Unrealistic hours will be adjusted. Any time that exceeds 1 ½ hours for an activity will need a detailed explanation. If you jog, please do not log 3 hours. Jogging non-stop for 3 hours is not realistic. If you bike ride, please don't log 5 hours, as that is not realistic. Jogging for 45 minutes, or bike riding for an hour is more realistic and believable. If you go hunting and hike to your hunting spot for 2 hours, then back out for 2 hours, include that explanation and log 4 hours. Do not log the time you are at camp. Swimming for 3 hours is unrealistic. Unless you are a professional swimmer, you probably can't swim non-stop for 3 hours. If you play football for a high school team, log in the game time only, not the time on the bus. If you spend the day at a theme park, do not log the 8 hours you spent there. Log only the hours you actually spent walking from ride to ride, maybe 3 hours. You can use more than one line for your explanation if needed. Detailed information is important.

Hopefully, this information helps to explain the Supervised PE process.

If you have any questions, please ask an ACE administrator or Ms. Sullivan.