



DEPARTMENT OF AEROSPACE SCIENCE

CLOVER HIGH SCHOOL— SC-951

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Clover, SC 29710

(803) 810-8978 Fax 803-222-8021



MEMORANDUM FOR: Parents & Cadets

Aug 24, 2020

FROM: Major Batson

SUBJECT: PT Log

In the event your cadet misses the in-person scheduled weekly PT session due to an absence or e-Learning, this log will serve as documentation of their weekly PT session. The log should be signed/dated by parent or guardian and loaded against the weekly PT assignment in the Canvas Learning Management Platform prior to the next PT session. Cadets who upload the signed log will receive full PT credit. Failure to do so will result in a ZERO grade for the week. Cadets who attend school and fail to dress out for normal PT are ineligible to makeup that PT session.

Ideally, each PT session should consist of a warmup phase (10 mins), training phase (20 mins) and cool-down phase (10 mins).

Suggested warm-up exercises: squats, lunges, jumping jacks, arm circles, side shuffles, leg swings, backpedaling, jog in place, knee to chest, high kicks, butt kickers, karaoke

Suggested training exercises: running, biking, swimming, kickboxing, yoga, jumping rope, pushups, sit-ups, crunches, mountain climbers, burpees, planks, dips, squat jumps, pull ups, chin ups, weight training, team sports (tennis, basketball, soccer, etc.)

Suggested cool-down exercises: light jogging or walking, upper body stretch, seated forward bend, knee to chest, standing quadricpe stretch, head to knee forward bend, spinal twist, lunge and twist

Individual or team sports, martial arts, dance, cheer etc. are suitable replacements for the suggested workouts. If you already attend one of these during the normal PT week, you may have your coach or leader sign in place of your parent/guardian.

Additional workout resources:

<https://www.livestrong.com/>

<https://dailyburn.com/landing>

<https://www.muscleandfitness.com/>

<https://www.active.com/>

<https://www.12minuteathlete.com/>

<https://www.stack.com/>

<https://www.fitnessblender.com/>

<https://www.bornfitness.com/>

*Annotate on reverse side

Week of Sept 7 th	_____	_____
	Parent Signature	Date
Week of Sept 14 th	_____	_____
	Parent Signature	Date
Week of Sept 21 st	_____	_____
	Parent Signature	Date
Week of Sept 28 th	_____	_____
	Parent Signature	Date
Week of Oct 5 th	_____	_____
	Parent Signature	Date
Week of Oct 12 th	_____	_____
	Parent Signature	Date
Week of Oct 19 th	_____	_____
	Parent Signature	Date
Week of Oct 26 th	_____	_____
	Parent Signature	Date
Week of Nov 2 nd	_____	_____
	Parent Signature	Date
Week of Nov 9 th	_____	_____
	Parent Signature	Date
Week of Nov 16 th	_____	_____
	Parent Signature	Date
Week of Nov 30 th	_____	_____
	Parent Signature	Date
Week of Dec 7 th	_____	_____
	Parent Signature	Date
Week of Dec 14 th	_____	_____
	Parent Signature	Date
Week of Jan 4 th	_____	_____
	Parent Signature	Date
Week of Jan 11 th	_____	_____
	Parent Signature	Date