

Independent Study Physical Education

Pacific Trails Middle School

Student Name:					Activity: Figure Skating
Date	Time Started	Time Finished	Total Hours	Details of Specific Instructional Time	
8/25/2015	7:00 AM	9:45	2:45:00	Double Salchow & Combination Spin (x3)	
8/26/2015	6:00 AM	7:45	1:45:00	Double Loop x Double Loop & Double Lutz	
8/27/2015	7:00 AM	9:45	2:45:00	Program (x2)	
8/28/2015	6:00 AM	7:45	1:45:00	Double Lutz & Double Flip landed!	
8/31/2015	7:00 AM	8:45	1:45:00	Layback to Haircut to Beillman spin, faster step sequence, new jump combination	
9/1/2015	7:00 AM	9:45	2:45:00	Donut spin & Double Loop	
9/2/2015	6:00 AM	7:45	1:45:00	Double Lutz	
9/3/2015	7:00 AM	9:45	2:45:00	Double Salchow & Combination Spin (x3)	
9/4/2015	6:00 AM	7:45	1:45:00	Program (x2)	
9/8/2015	7:00 AM	9:45	2:45:00	Double Lutz & Double Loop	
9/9/2015	6:00 AM	7:45	1:45:00	Program (x2) & Double Lutz	
9/10/2015	7:00 AM	9:45	2:45:00	Double Lutz & Double Flip & Programs	
9/11/2015	6:00 AM	7:45	1:45:00	Program (x2)	
9/15/2015	7:00 AM	9:45	2:45:00	Program	
9/16/2015	6:00 AM	7:45	1:45:00	Double Lutz & Spins	
9/17/2015	7:00 AM	9:45	2:45:00	Parts of Program & Illusion spins	
9/18/2015	6:00 AM	7:45	1:45:00	Program & Double Salchow	
9/21/2015	7:00 AM	8:45	1:45:00	Crossovers & Beillman to end of Program	
9/22/2015	7:00 AM	9:45	2:45:00	Program	
9/23/2015	6:00 AM	7:45	1:45:00	Program & Laybacks	
9/24/2015	7:00 AM	9:45	2:45:00	Double Salchow & Double Loop	
9/25/2015	6:00 AM	7:45	1:45:00	Double Loop + Toe Loop + Loop combination jump	
9/28/2015	7:00 AM	8:45	1:45:00	Toe-Loop position & Double Lutz edge	
9/29/2015	7:00 AM	9:45	2:45:00	Program & Jumps	
9/30/2015	6:00 AM	7:45	1:45:00	Programs	

10/1/2015	7:00 AM	9:45	2:45:00	Program & Double Lutz
10/2/2015	6:00 AM	7:45	1:45:00	Double Loop
10/5/2015	7:00 AM	8:45	1:45:00	Spins and Footwork
10/6/2015	7:00 AM	9:45	2:45:00	Double Lutz & Program
10/7/2015	6:00 AM	7:45	1:45:00	Program & Double Loop
10/13/2015	7:00 AM	9:45	2:45:00	Warm Up Exercises & new EDEA skates
10/14/2015	6:00 AM	7:45	1:45:00	MITF(Moves In the Field) & Warmups
10/15/2015	7:00 AM	9:45	2:45:00	Spins & Jump patterns
10/16/2015	6:00 AM	7:45	1:45:00	Axel and Double Salchow
10/19/2015	7:00 AM	8:45	1:45:00	Axel & Double Loop
10/20/2015	7:00 AM	9:45	2:45:00	Double Salchow & Double Loop
10/21/2015	6:00 AM	7:45	1:45:00	MITF & Spins
10/22/2015	7:00 AM	9:45	2:45:00	Double Lutz
10/23/2015	6:00 AM	7:45	1:45:00	Back Camel spin combination

Hours Completed for 1st Quarter:

85:15 hr

5115 Minutes