

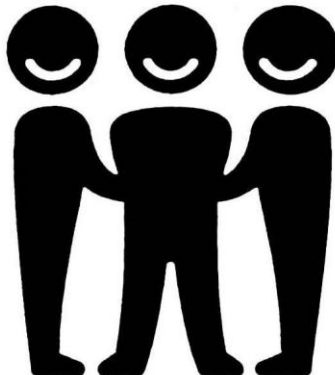
Physical Education 30



Activity



Benefits Health



Cooperation



Do it Daily...For Life!

Assignment Booklet
Volunteer Component

Volunteering

Volunteering is the practice of people working on behalf of others or a particular cause without payment for their time and service. Volunteering is considered an unselfish act.

What does it take to be a volunteer?

CARING... enough to do something

INITIATIVE... to turn your caring into action

COMMITMENT... to follow through on responsibilities to which you have agreed

Volunteering Log Sheet

Student Name: _____

Mentor and/or Supervisor Name: _____

Location: _____

Dates: From: _____ To: _____

Day	Volunteer Activity Performed (include details)	Time Spent Doing Activity
Date:		
Date:		
Date:		
Date:		
Date:		
Date:		
Date:		
Date:		
Date:		
Date:		
Date:		
Date:		
Date:		
Date:		
Date:		

Comments from Mentor and/or Supervisor:

Student Signature: _____

Mentor and/or Supervisor's Signature:

Mentor and/or Supervisor's Phone:

Mentor and /or Supervisor's E-mail:

Volunteer Reflection

“A mind that is stretched by a new experience can never go back to its old dimensions.”

- Oliver Wendell Holmes

Please submit photos or a video of you volunteering along with the following questions.

1. Why did you choose to volunteer in this activity?

Answer:

2. What has been the best aspect of this experience?

Answer:

3. What skills did you use?

Answer:

4. What skills did you gain?

Answer:

5. How did your volunteering benefit others?

Answer:

6. What lessons and/or knowledge would you like to take with you into a possible future career?

Answer:

7. Based on your volunteering experience, of what are you most proud?

Answer:

8. During your volunteering experience, what was your biggest challenge? How did you handle it?

Answer:

1. Student's strong points (talents or abilities, outstanding traits):

Answer:

2. Recommendations for students to improve:

Answer:

3. Other comments:

Answer:

Supervisor and/or Mentor's Name: _____

Date: _____

Supervisor and/or Mentor's Position: _____

Organization and/or Business: _____

Address: _____

Telephone: _____

E-Mail: _____ Fax: _____

Physical Education 20 – Volunteering Assignment Booklet Marking Summary

Volunteering Assignment Booklet	Possible Marks	Assessment
Volunteering Log Sheet: <ul style="list-style-type: none"> • Is filled in with details of activity./2 • Use of proper grammar and spelling. /1 • Neatness /1 • Mentor and/or supervisor’s signature /1 • Completed 10 hours /10 	15	
Photographs/Video <ul style="list-style-type: none"> • Photos and/or video are clearly visible and display a suitable image of the student engaged in volunteering. 	5	
Mentor and/or Supervisor Evaluation	20	
Volunteer Reflection Questions <ul style="list-style-type: none"> • Each question is answered in complete sentences with proper grammar, spelling and neatness. 	10	
Total	50	