



**HIGH SCHOOL
Course Hours Documentation**

(For subjects without curriculum i.e. Home & Life Skills, P.E., Guitar Lessons or Dance, etc.)

SAMPLE

Student: John Paperwork	Age: 16	Grade: 10	Academic Year: 2025/2026
Course Name: P.E. Physical Education			

Month / Dates	# of Hours	Description of Coursework	Teacher Initial
Sept, 2025	23	Football practice 1 hour a day M-F	RW
Oct, 2025	22	Walking 1 hour Tue and Thurs Weight Lifting Mon, Wed, Friday	RW
Nov 2025	17	Rock wall climbing 1 hour Mon-Fri	RW
Dec 2025	11	Dance Class 1 hour Mon-Fri	RW
January 2026	22	Boxing 1 hour Mon-Fri	RW
Total Hours: 75/150			