



Elite Academic Academy
Physical Education Log

Student Name _____ Grade Level _____

Please record all physical activities below. Studies show that physical activity increase student’s ability to learn. California recommends 200 minutes of physical activity per 10 school days for grades 1-6 and 400 minutes of physical activity for every 10 school days for grades 7-12.

Date	Physical Activity	Hours	Parent/Supervisor Signature	Date	Physical Activity	Hours
9/3/19				9/26/19		
9/4/19				9/27/19		
9/5/19				9/30/19		
9/6/19				10/1/19		
9/9/19				10/2/19		
9/10/19				10/3/19		
9/11/19				10/4/19		
9/12/19				10/7/19		
9/13/19				10/8/19		
9/16/19				10/9/19		
9/17/19				10/10/19		
9/18/19				10/11/19		
9/19/19				10/14/19		
9/20/19				10/15/19		
9/23/19				10/16/19		
9/24/19				10/17/19		
9/25/19				10/18/19		
	Hours for this time period				Hours for this time period	

Total Hours for this learning period: _____



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Write a short summary of what physical education skill you learned or improved this learning period, or a health related or nutritional concept you implemented and why.
