



Elite Academic Academy Physical Education Log 2019-2020

Student's Name: _____

Elite Educator: _____

Grade: _____

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 Education Activity | Hours | Parent/Supervisor Signature |
|----------|-----------------------------|-------|-----------------------------|
| 10/21/19 | | | |
| 10/22/19 | | | |
| 10/23/19 | | | |
| 10/24/19 | | | |
| 10/25/19 | | | |
| 10/28/19 | | | |
| 10/29/19 | | | |
| 10/30/19 | | | |
| 10/31/19 | | | |
| 11/1/19 | | | |
| 11/4/19 | | | |
| 11/5/19 | | | |
| 11/6/19 | | | |
| 11/7/19 | | | |
| 11/8/19 | | | |
| 11/12/19 | | | |
| 11/13/19 | | | |
| 11/14/19 | | | |
| 11/15/19 | | | |
| | | | Total Hours |

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.
