



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
11/18/19			
11/19/19			
11/20/19			
11/21/19			
11/22/19			
12/2/19			
12/3/19			
12/4/19			
12/5/19			
12/6/19			
12/9/19			
12/10/19			
12/11/19			
12/12/19			
12/13/19			
			Total Hours

Write a short summary of what physical education skill that you learned or improved or a health or nutritional concept you implemented and why.
