



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
12/16/19			
12/17/19			
12/18/19			
12/19/19			
12/20/19			
1/6/20			
1/7/20			
1/8/20			
1/9/20			
1/10/20			
1/13/20			
1/14/20			
1/15/20			
1/16/20			
1/17/20			
1/21/20			
1/22/20			
1/23/20			
1/24/20			
		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.
