



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
1/27/20			
1/28/20			
1/29/20			
1/30/20			
1/31/20			
2/3/20			
2/4/20			
2/5/20			
2/6/20			
2/7/20			
2/10/20			
2/11/20			
2/12/20			
2/13/20			
2/18/20			
2/19/20			
2/20/20			
2/21/20			
			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.
