



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
2/24/20			
2/25/20			
2/26/20			
2/27/20			
2/28/20			
3/2/20			
3/3/20			
3/4/20			
3/5/20			
3/6/20			
3/16/20			
3/17/20			
3/18/20			
3/19/20			
3/20/20			
			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.
