



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
3/23/20			
3/24/20			
3/25/20			
3/26/20			
3/27/20			
3/30/20			
3/31/20			
4/1/20			
4/2/20			
4/3/20			
4/6/20			
4/7/20			
4/8/20			
4/9/20			
4/10/20			
4/13/20			
4/14/20			
4/15/20			
4/16/20			
4/17/20			
			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.
