



Elite Academic Academy

Student Name _____ Grade Level _____

Physical Education Log

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 Activity	Hours	Parent/Supervisor Signature	Date	Physical Activity	Hours
4/20/20				5/14/20		
4/21/20				5/15/20		
4/22/20				5/18/20		
4/23/20				5/19/20		
4/24/20				5/20/20		
4/27/20				5/21/20		
4/28/20				5/22/20		
4/29/20				5/26/20		
4/30/20				5/27/20		
5/1/20				5/28/20		
5/4/20				5/29/20		
5/5/20				6/1/20		
5/6/20				6/2/20		
5/7/20				6/3/20		
5/8/20				6/4/20		
5/11/20				6/5/20		
5/12/20				6/8/20		
5/13/20						

Total Hours for this learning period: _____



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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.
