



**Elite Academic Academy**  
**Physical Education Log**

Student Name \_\_\_\_\_ Grade Level \_\_\_\_\_

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
10/12/20				11/4/20		
10/13/20				11/5/20		
10/14/20				11/6/20		
10/15/20				11/9/20		
10/16/20				11/10/20		
10/19/20				11/12/20		
10/20/20				11/13/20		
10/21/20				11/16/20		
10/22/20				11/17/20		
10/23/20				11/18/20		
10/26/20				11/19/20		
10/27/20				11/20/20		
10/28/20						
10/29/20						
10/30/20						
11/2/20						
11/3/20						
	Hours for this time period				Hours for this time period	

**Total Hours for this learning period:** \_\_\_\_\_



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**Student Name** \_\_\_\_\_ **Grade Level** \_\_\_\_\_

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.

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