



**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
1/19/21				2/11/21		
1/20/21				2/12/21		
1/21/21				2/16/21		
1/22/21				2/17/21		
1/25/21				2/18/21		
1/26/21				2/19/21		
1/27/21						
1/28/21						
1/29/21						
2/1/21						
2/2/21						
2/3/21						
2/4/21						
2/5/21						
2/8/21						
2/9/21						
2/10/21						
	Hours for this time period				Hours for this time period	

**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.

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