



**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 |
|---------|----------------------------|-------|-----------------------------|--------|----------------------------|-------|
| 5/10/21 |                            |       |                             | 6/3/21 |                            |       |
| 5/11/21 |                            |       |                             | 6/4/21 |                            |       |
| 5/12/21 |                            |       |                             | 6/7/21 |                            |       |
| 5/13/21 |                            |       |                             |        |                            |       |
| 5/14/21 |                            |       |                             |        |                            |       |
| 5/17/21 |                            |       |                             |        |                            |       |
| 5/18/21 |                            |       |                             |        |                            |       |
| 5/19/21 |                            |       |                             |        |                            |       |
| 5/20/21 |                            |       |                             |        |                            |       |
| 5/21/21 |                            |       |                             |        |                            |       |
| 5/24/21 |                            |       |                             |        |                            |       |
| 5/25/21 |                            |       |                             |        |                            |       |
| 5/26/21 |                            |       |                             |        |                            |       |
| 5/27/21 |                            |       |                             |        |                            |       |
| 5/28/21 |                            |       |                             |        |                            |       |
| 6/1/21  |                            |       |                             |        |                            |       |
| 6/2/21  |                            |       |                             |        |                            |       |
|         | 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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