



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
3/29/21				4/19/21		
3/30/21				4/20/21		
3/31/21				4/21/21		
4/1/21				4/22/21		
4/2/21				4/23/21		
4/5/21				4/24/21		
4/6/21				4/26/21		
4/7/21				4/27/21		
4/8/21				4/28/21		
4/9/21				4/29/21		
4/10/21				4/30/21		
4/12/21				5/1/21		
4/13/21				5/3/21		
4/14/21				5/4/21		
4/15/21				5/5/21		
4/16/21				5/6/21		
4/17/21				5/7/21		
	Hours for this time period			5/8/21		

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.
