



**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				5/29/21		
5/11/21				6/1/21		
5/12/21				6/2/21		
5/13/21				6/3/21		
5/14/21				6/4/21		
5/15/21				6/5/21		
5/17/21				6/7/21		
5/18/21				6/8/21		
5/19/21				6/9/21		
5/20/21				6/10/21		
5/21/21				6/11/21		
5/22/21				6/12/21		
5/24/21				6/14/21		
5/25/21				6/15/21		
5/26/21						
5/27/21						
5/28/21						
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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