



**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
9/1/20				9/25/20		
9/2/20				9/28/20		
9/3/20				9/29/20		
9/4/20				9/30/20		
9/8/20				10/1/20		
9/9/20				10/2/20		
9/10/20				10/5/20		
9/11/20				10/6/20		
9/14/20				10/7/20		
9/15/20				10/8/20		
9/16/20				10/9/20		
9/17/20						
9/18/20						
9/21/20						
9/22/20						
9/23/20						
9/24/20						
	Hours for this time period				Hours for this time period	

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



**Elite Academic Academy  
Physical Education Log**

**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.

---

---

---

---

---

---

---

---

---

---