



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
11/30/20				1/6/21		
12/1/20				1/7/21		
12/2/20				1/8/21		
12/3/20				1/11/21		
12/4/20				1/12/21		
12/7/20				1/13/21		
12/8/20				1/14/21		
12/9/20				1/15/21		
12/10/20						
12/11/20						
12/14/20						
12/15/20						
12/16/20						
12/17/20						
12/18/20						
1/4/21						
1/5/21						
	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.
