



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
2/22/21				3/24/21		
2/23/21				3/25/21		
2/24/21				3/26/21		
2/25/21						
2/26/21						
3/1/21						
3/2/21						
3/3/21						
3/4/21						
3/5/21						
3/8/21						
3/9/21						
3/10/21						
3/11/21						
3/12/21						
3/22/21						
3/23/21						
	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.
