



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 |
|----------------|----------------------------|-------|-----------------------------|----------------|----------------------------|-------|
| 7/1/2021 (Th) | | | | 7/21/2021 (W) | | |
| 7/2/2021 (F) | | | | 7/22/2021 (Th) | | |
| 7/3/2021 (S) | | | | 7/23/2021 (F) | | |
| 7/6/2021 (T) | | | | 7/24/2021 (S) | | |
| 7/7/2021 (W) | | | | 7/26/2021 (M) | | |
| 7/8/2021 (Th) | | | | 7/27/2021 (T) | | |
| 7/9/2021 (F) | | | | 7/28/2021 (W) | | |
| 7/10/2021 (S) | | | | 7/29/2021 (Th) | | |
| 7/12/2021 (M) | | | | 7/30/2021 (F) | | |
| 7/13/2021 (T) | | | | 7/31/2021 (S) | | |
| 7/14/2021 (W) | | | | 8/2/2021 (M) | | |
| 7/15/2021 (Th) | | | | 8/3/2021 (T) | | |
| 7/16/2021 (F) | | | | 8/4/2021 (W) | | |
| 7/17/2021 (S) | | | | 8/5/2021 (Th) | | |
| 7/19/2021 (M) | | | | 8/6/2021 (F) | | |
| 7/20/2021 (T) | | | | 8/7/2021 (S) | | |
| | 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 skill you learned this learning period, what skill you improved, or a health related or nutritional concept you implemented and why.
