



LP 1 - Physical Education

**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
9/1/21 (W)				9/27/21 (M)		
9/2/21 (Th)				9/28/21 (T)		
9/3/21 (F)				9/29/21 (W)		
9/7/21 (T)				9/30/21 (Th)		
9/8/21 (W)				10/1/21 (F)		
9/9/21 (Th)				10/4/21 (M)		
9/10/21 (F)				10/5/21 (T)		
9/13/21 (M)				10/6/21 (W)		
9/14/21 (T)				10/7/21 (Th)		
9/15/21 (W)				10/8/21 (F)		
9/16/21 (Th)						
9/17/21 (F)						
9/20/21 (M)						
9/21/21 (T)						
9/22/21 (W)						
9/23/21 (Th)						
9/24/21 (F)						
	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.
