



**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
10/11/21 (M)				11/3/21 (W)		
10/12/21 (T)				11/4/21 (Th)		
10/13/21 (W)				11/5/21 (F)		
10/14/21 (Th)				11/8/21 (M)		
10/15/21 (F)				11/9/21 (T)		
10/18/21 (M)				11/10/21 (W)		
10/19/21 (T)				11/12/21 (F)		
10/20/21 (W)				11/15/21 (M)		
10/21/21 (Th)				11/16/21 (T)		
10/22/21 (F)				11/17/21 (W)		
10/25/21 (M)				11/18/21 (Th)		
10/26/21 (T)				11/19/21 (F)		
10/27/21 (W)						
10/28/21 (Th)						
10/29/21 (F)						
11/1/21 (M)						
11/2/21 (T)						
	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.

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