



LP 3 - 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 |
|---------------|----------------------------|-------|-----------------------------|--------------|----------------------------|-------|
| 11/29/21 (M) | | | | 1/5/22 (W) | | |
| 11/30/21 (T) | | | | 1/6/22 (Th) | | |
| 12/1/21 (W) | | | | 1/7/22 (F) | | |
| 12/2/21 (Th) | | | | 1/10/22 (M) | | |
| 12/3/21 (F) | | | | 1/11/22 (T) | | |
| 12/6/21 (M) | | | | 1/12/22 (W) | | |
| 12/7/21 (T) | | | | 1/13/22 (Th) | | |
| 12/8/21 (W) | | | | 1/14/22 (F) | | |
| 12/9/21 (Th) | | | | | | |
| 12/10/21 (F) | | | | | | |
| 12/13/21 (M) | | | | | | |
| 12/14/21 (T) | | | | | | |
| 12/15/21 (W) | | | | | | |
| 12/16/21 (Th) | | | | | | |
| 12/17/21 (F) | | | | | | |
| 1/3/22 (M) | | | | | | |
| 1/4/22 (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.
