



LP 5 - 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 (T)						
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: _____



**Elite Academic Academy
Physical Education Log**

Student Name _____ **Grade Level** _____

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.
