



LP 6 - 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
1/18/22 (T)				2/10/22 (Th)		
1/19/22(W)				2/11/22 (F)		
1/20/22 (Th)				2/14/22 (M)		
1/21/22 (F)				2/15/22 (T)		
1/24/22 (M)				2/16/22 (W)		
1/25/22 (T)				2/17/22 (Th)		
1/26/22 (W)						
1/27/22 (Th)						
1/28/22 (F)						
1/31/22 (M)						
2/1/22 (T)						
2/2/22 (W)						
2/3/22 (Th)						
2/4/22 (F)						
2/7/22 (M)						
2/8/22 (T)						
2/9/22 (W)						
	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.
