



**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
3/28/22 (M)				4/20/22 (W)		
3/29/22 (T)				4/21/22 (Th)		
3/30/22 (W)				4/22/22 (F)		
4/31/22 (Th)				4/25/22 (M)		
4/1/22 (F)				4/26/22 (T)		
4/4/22 (M)				4/27/22 (W)		
4/5/22 (T)				4/28/22 (Th)		
4/6/22 (W)				4/29/22 (F)		
4/7/22 (Th)				5/2/22 (M)		
4/8/22 (F)				5/3/22 (T)		
4/11/22 (M)				5/4/22 (W)		
4/12/22 (T)				5/5/22 (Th)		
4/13/22 (W)				5/6/22 (F)		
4/14/22 (Th)						
4/15/22 (F)						
4/18/22 (M)						
4/19/22 (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.
