



LP 7 - 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
5/9/22 (M)				6/2/22 (Th)		
5/10/22 (T)				6/3/22 (F)		
5/11/22 (W)				6/6/22 (M)		
5/12/22 (Th)				6/7/22 (T)		
5/13/22 (F)				6/8/22 (W)		
5/16/22 (M)						
5/17/22 (T)						
5/18/22 (W)						
5/19/22 (Th)						
5/20/22 (F)						
5/23/22 (M)						
5/24/22 (T)						
5/25/22 (W)						
5/26/22 (Th)						
5/27/22 (F)						
5/31/22 (T)						
6/1/22 (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.

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