Physical Education Activity Log

First & Last Name:	
Teacher, Hour & Color Day (Ex: Steinmetz, 2 Blue):	PAIRIUS

Instructions: Each day you are absent from PE, you will need to do some sort of activity to make up for your missed class minutes of physical activity (i.e. 60 minutes = 1 PE class). You may do 1 activity that is 60 minutes or more (i.e. football practice) or multiple activities that add up to 60 minutes (chores, walking the dog, playing with brothers/sisters). Attached to this log are examples of activities you could do. Once your log is complete, please share it or turn it in to your PE teacher.

Activity / Activities	Total # of Minutes
Example: Cleaned my room (20 min), played outside (15 min), and rode my bike (25 min)	Example: 60 minutes



Activity Examples

- Playing Catch
- Jumping Rope
- Riding a Bike
- Skateboarding
- Playing Basketball
- Dribbling a Ball
- Dancing
- Swimming
- Walking the Dog
- Playing Hopscotch
- Running
- Skating
- Kicking a Ball
- Playing Soccer
- Flying a Kite
- Doing Cartwheels
- Riding your Scooter
- Jumping on the Trampoline
- Cleaning your Room
- Doing the Dishes
- Gymnastics
- Playing on the Playground
- Completing an Obstacle Course
- Gardening
- Mowing the Lawn
- Walking the Dog
- Yoga
- Weightlifting
- Vacuuming the House

Sick-Safe Activity Examples

- Read a book
- Draw/color
- Journal
- Complete a puzzle
- Build with legos
- Crafting
- Complete a crossword/word search/Sudoku
- Play a card game (Solitaire)