



## Physical Education Activity Log

Name: \_\_\_\_\_

Teacher, Hour & Color Day (Ex: Hile, 2 Blue): \_\_\_\_\_

**Overall Goal:** 60 minutes of activity a day, 5+ days a week. Each day you are absent from PE, you will need to do some sort of activity to make up your missed minutes of physical activity. Attached to this log are examples of activities you could do. Once your log is complete, please share it with your PE teacher.

Day & Date	Activity # of Minutes	Activity # of Minutes	Activity # of Minutes	Total # of Minutes
Ex: Monday 11/10/21	Ex: Cleaned my room (15 min)	Ex: Played outside (25 min)	Ex: Rode my bike (20 min)	Ex: 60 minutes
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				
<b>Sunday</b>				



## 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
- Playing Football