Physical Education Activity Log

<u>Directions:</u> Use this form to log activities of your choice for the day(s) your child missed PE class. Please return to your classroom teacher when you come back to school. Example Activities: walking, jogging, running, hiking, sporting team game or practice, jump rope, swimming, bicycling, aerobic activity, yoga, dance, gymnastics, going to a park, etc. You can also find additional activities on my faculty website page under "assignments"

Please perform 30-40 minutes of physical activity for each class missed.

Students have 2 PE classes per week

<u>Activity</u>	<u>Duration</u>
	Activity

Student Name:

Parent Signature: