

PE Activity Log	
Grades 1-6 200 minutes/10 days	Grades 7-8 400 minutes/10 days
Name:	Week of:

	Activity					Minutes
Example 1	Stretching 5 min.	Jump Rope 5 min.	Circuit - Squats 5 sets of 10 20 min.	Circuit - Pushups 5 sets of 10 20 min.	Circuit - Sit Ups 5 sets of 10 20 min.	30 Min.
Example 2	Trampoline-ing 20 min.	Dancing 20 min.				40 Min.
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Parent Signature: _____	Total _____
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