

Name: _____

Grade: _____

2021 Summer Activity Log

Physical Education



Learning Objectives:

Standard 3 → Participates regularly in physical activity.

Standard 4 → Achieves and maintains a health-enhancing level of physical fitness.

Directions:

*** You **must** participate in at least **60 minutes** of any physical activity **daily** for a week. ***

**Choose 1 week during summer break to record your fitness activities.
Then follow the instructions below.**

- (1) On the chart below record the date, type of activity, amount of time (that you participated in your physical activity) & whether or not you participated for at least 60 minutes. Then ask a parent/guardian to verify your activity by writing their initials in the box.
- (2) On the back write a short paragraph explaining which activity you enjoyed participating in the most and why, as well as which activity you enjoyed participating in the least and why.
- (3) Have your parent/guardian sign and date your finished activity log assignment.

Examples of physical activities:

Running, jogging, walking, push-ups, sit-ups, swimming, skating, stretching, playing Wii Fit, Yoga, playing at the park, soccer, dancing, volleyball, jump rope, basketball, cheerleading, softball, tennis, kickball, playing Just Dance, or any other physical activity that will help improve your health.

| Date of activity | Type of activity | Length of activity (Total = At least 60 min.) | *At least 60 minutes | Parent/guardian Initials |
|--|-------------------------------------|--|-------------------------|-----------------------------|
| <i>EXAMPLE:</i> (Sun.) June 6 th | <i>Stretching</i> <i>Jogging</i> | <i>20 minutes</i> <i>40 minutes</i> | <i>Yes</i> | <i>K.S.</i> |
| (Sun.) | | | | |
| (Mon.) | | | | |
| (Tues.) | | | | |
| (Wed.) | | | | |
| (Thurs.) | | | | |
| (Fri.) | | | | |
| (Sat.) | | | | |

Parent/Guardian Signature: _____ Date: _____

