

Physical Education Activity Log

Your assignment for the next three weeks will be to log your physical activity. Each day try to do at least 3 different physical activities. You can choose from examples below or pick any of your choice! Keep track of the minutes, then at the end of the week add up the minutes and see how active you were! (Try to beat 200 minutes a week)

Have fun, be creative and stay active!!

Any questions, you can email me at kelly.wollschlager@k12.sd.us

-Miss Wollschlager

Activity Choices

- Create an obstacle course
- Go up and down your stairs for 5 minutes
- Create a dance and share it with someone else
- Take a family walk
- Play outside
- Invent a game and play it with someone
- Play catch with a family member
- Dance to your favorite songs
- Do a wall sit and read part of your favorite book

NAME _____

Grade _____

Day	Activity 1	Activity 2	Activity 3	Total
Sample:	Active Outside 30 minutes	Walk with family 15 minutes	Dance Challenge 15 minutes	60 Minutes
November 30 th				
December 1 st				
December 2 nd				
December 3 rd				
December 4 th				
Weekly Total Minutes:				

NAME _____

Grade _____

Day	Activity 1	Activity 2	Activity 3	Total
Sample:	Active Outside 30 minutes	Walk with family 15 minutes	Dance Challenge 15 minutes	60 Minutes
December 7 th				
December 8 th				
December 9 th				
December 10 th				
December 11 th				
Weekly Total Minutes:				

NAME _____

Grade _____

Day	Activity 1	Activity 2	Activity 3	Total
Sample:	Active Outside 30 minutes	Walk with family 15 minutes	Dance Challenge 15 minutes	60 Minutes
December 14 th				
December 15 th				
December 16 th				
December 17 th				
December 18 th				
Weekly Total Minutes:				