



Subject:	Physical Education
Title:	Activity Log
Grade:	PE

**Standards**

3	Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness
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**Essential Question**

How can I stay physically active for at least 60 minutes a day when I don't have school?

**Rationale**







It is important for students to be active for at least 60 minutes a day not only to improve physical health, but also improved thinking, learning and judgement skills.

**Tasks**

1. Engage in physical activity for at least 60 minutes per day and choose someone to be your activity buddy.
2. Log the activity by filling in the heart according to the amount of physical activity you do each day. 15 minutes=1/4 filled, 30 minutes=1/2 filled 45 minutes=3/4 filled 1 hour= fully filled
3. Reflect on how you feel after your physical activity and discuss it with their activity buddy

# 7-Day Physical Activity Log

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Day 1, Activities:	
Day 2, Activities:	
Day 3, Activities:	
Day 4, Activities:	
Day 5, Activities:	
Day 6, Activities:	
Day 7, Activities:	