

Physical Activity Log

Goal = 60 min. Per day

Day & Date	Activity done # of minutes	Activity done # of minutes	Activity done # of minutes	Total # of minutes
Example: 10-2-2020	Bike Ride 20 min.	Softball practice 60 min.	HIIT video 30 min.	Total 1 hr. 50 min.
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				

Your name: _____ Week of: _____

Parent signature: _____

Coach Pence's

Guidelines for Hybrid Physical Education

Due to our learning situation, we will be using student-vue every day to fulfill your physical fitness requirement of 50 minutes each day. The class will be structured as follows:

Note: if you choose to go outside please make sure your parents know.

1. You will complete the journal/log sheet located on the back of this paper each day you are remote. A Parent/Guardian must sign at the bottom of the page at the end of each day verifying that you have completed the information on the daily log.
2. To receive your points, you will submit this completed form to me on Friday/Monday of the following week. I will send out a new blank form each week to be used. Thank you for your hard work.
3. You may use any of the activity ideas listed below, but you **are not** restricted to just these activities.

Body weight squats

Sit-ups

Lunges

Mountain climbers

Bridge

Wall sit

Bicycle crunches

Box jumps

V-ups

Leaps

Toe taps/foot fire

Up downs

Roller blading

Elliptical

Push-ups

Crunches

Jumping lunges

Planks

Inchworm

Leg lifts

Star jumps

Jump roping

Line jumps

High knee skips

Butt kicks

Burpees

Fitness walking

Tread mill