## H.E.S. PHYSICAL EDUCATION ACTIVITY LOG

Name:		
Grade:	<u> </u>	

**OBJECTIVE:** 

The students will complete and submit an Activity Log each week to meet the learning expectations listed below.

Date	Minutes	Activity	<b>Evidence/ Initials</b>

## ACTIVITY LOG

## LEARNING EXPECTATIONS:

- 1. Engage in vigorous activity (heart pumping!) for a *minimum* of 80 minutes per week = two 40 minute P.E. classes. But all activities should be logged.
- 2. Follow the weekly activity calendar.
- 3. Dance, run, family hike, jump rope, push ups, play basketball, yoga, ride a bike...do what makes you happy. Just stay active and play outside!
- 4. Photos or screenshots could be inserted into the "evidence" column, parents/guardians initials work too, email me pictures.
- 5. A copy of the exercise log for each week will be shared with Ms. Garrison by the end of the week.
- 6. If you have any questions, you can email Ms. Garrison and I will try to respond between 9:00 am and 3:00 pm. Monday Thursday.

Ms. Garrison, Health & P.E. Teacher: kgarrison@hamptonschool.org