



# Physical Activity Log



## DUE ON May 6 and 7

Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Period/Day: \_\_\_\_\_

*This homework is 10% of their Health and Physical Education grade. **Log must be signed and turn in on time to receive credit.***

### Week 1

April 8-April 12

Monday- Choice Activity: # \_\_\_\_\_

Tuesday- 3 sets each - 10 Up Pushes & 20 curlups:

Wednesday- Choice Activity: # \_\_\_\_\_

Thursday- 3 sets each 5 Burpees & 30 sec. planks :

Friday- Choice Activity: # \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_

### Week 2

April 15- April 19

Monday- Choice Activity: # \_\_\_\_\_

Tuesday- 3 sets each - 10 Up Pushes & 20 Flutter kicks :

Wednesday- Choice Activity: # \_\_\_\_\_

Thursday- 3 sets each - 5 squat jumps & 30 sec. planks:

Friday- Choice Activity: # \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_

### Week 3

April 22- April 26

Monday- Choice Activity: # \_\_\_\_\_

Tuesday- 3 sets each - 10 pushups & 20 curlups:

Wednesday- Choice Activity: # \_\_\_\_\_

Thursday- 3 sets each - 5 burpees & 10 Jumping Jacks:

Friday- Choice Activity: # \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_

### Week 4

April 29- May 3

Monday- Choice Activity: # \_\_\_\_\_

Tuesday- 3 sets each 20 jumping jacks & 30 sec plank

Wednesday- Choice Activity: # \_\_\_\_\_

Thursday- 3 sets each 10 push-ups & 10 squats

Friday- Choice Activity: # \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_

### **Choice Activities (20 minute minimum)**

#1 - Walking

#2 - Jogging

#3 - Biking

#4 - In-Line Skating

#5 - Skateboarding

#6 - Swimming

#7 - Other Sports like :( basketball, soccer, etc...).

#8 - Sport Practice

#9 - Other - \_\_\_\_\_

(Check with your teacher to make sure the activity is acceptable).