Santa Rosa Academy
Physical Education Log

Student Name: _____EA: _____ LP:_____

Step 1:

- Participate in physical activity a minimum of 100 minutes per week (Grades K-5)

OR

- Participate in physical activity a minimum of 200 minutes per week (Grades 6-12)

Step 2:

- Keep a log of all activities, including date, time, activity, standards and skills covered.

Date	Time (Mins)	Activity	Standard(s)	Skills Covered

EA Signature_____ Date_____