

HPE Grade 6-10 - Physical Activity Log

Use this activity log to track your physical activity and minutes for 3 weeks. The entire activity should be a minimum of 30 minutes in length.

DATE	ACTIVITY 1 / # OF MINUTES	ACTIVITY 2/ # OF MINUTES	ACTIVITY 3 / # OF MINUTES	Parent Signature
3/17/20	Jog-10 minutes	5 sets of 20 pushups/ 15 minutes	5 sets of Various Plank positions/ 15 minutes	

Activity Examples

Walking briskly, Running, Jogging, Dancing, Swimming, Biking, Climbing stairs, Tennis, Basketball, Soccer, Static/ Dynamic Stretch Routine, Bench step-ups, Burpees, Calf raises, Cartwheels, Crab walks, Crab toe touches, Handstands against a wall, Hip bridges, Inchworms, Push-ups, Side leg raises, Squats, Planks, Side planks, Crunches, Sit-ups, Arm Curls, Triceps Extensions, Shoulder Press, Yoga poses- Cat, Chair, Child, Cow, Cross Crawl, Cross-Legged, Down Dog, Up Dog, Goddess, Knobby-Knees, Sphinx, Tall Mountain, and Tree.