PE/Adapted PE Name:

Activity Log \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dates:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

It is important to be active everyday and try to get some fresh air. Today I……..?

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Activity | Monday | Tuesday | Wednesday | Thursday | Friday |
| Morning |  |  |  |  |  |
| Afternoon/Evening |  |  |  |  |  |

Activity ideas:

Students can cut and paste these into the chart above or write in their activities.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Walk or Run | Go Outside | Basketball Dribbling or  shooting. | Kicking a soccer ball. | Bike ride. | Yoga |
| Beach Ball volleyball | Throwing and Catching | Just Dance | Go Noodle | Play Ball | Balloon volleyball/tennis |
| Fitness or fitness Video | Tennis or racket sports with a balloon or ball | Active video Games (wii, switch) | Bowling    Use recycled bottles and a sock ball. | Build your own Obstacle Course | Roll a ball on the floor or a table. |