

Subject:	Physical Education/Dance
Title:	Activity Log
Grade:	PE

Standards	
3	Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

Essential Question	
How can I stay physically active for at least 60 minutes a day when I don't have school?	

Rationale	
It is important for students to be active for at least 60 minutes a day not only to improve physical health, but also improved thinking, learning and judgement skills.	

Tasks	
<p>Engage in physical activity for at least 60 minutes per day and choose someone to be your activity buddy.</p> <ul style="list-style-type: none"> Log the activity by filling in the heart according to the amount of physical activity you do each day. 15 minutes=1/4 filled, 30 minutes=1/2 filled 45 minutes=3/4 filled 1 hour= fully filled Reflect on the muscles you use when participating in these activities. Write at least a one paragraph essay describing your weekly physical activities, and make connections to 	

the health related benefits, and your muscular and skeletal system usage.	
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7-Day Physical Activity Log

Day 1, Activities:	
Day 2, Activities:	
Day 3, Activities:	
Day 4, Activities:	
Day 5, Activities:	
Day 6, Activities:	
Day 7, Activities:	

Activity Log Essay

Directions: Write at least a one paragraph essay describing your weekly physical activities, while making connections to the health-related benefits, and your muscular and skeletal system usage.