O'Farrell Community School PE Log

Name:_____ Grade:_____ Month:_____ Minutes Required This Month:_____

	Date	Activity	Minutes Spent	Standard Area (Circle as many as needed)	Standards Practiced (Circle as many as needed – Refer to other side)	Total Weekly Minutes
Week 1				Aquatics Dance & Rhythm/Movement Physical Fitness Combatives Games and Sports Outdoor Education Gymnastics Substance Awareness/Health	1.1 1.2 1.3 1.4 1.5 2.1 2.2 2.3 2.4 3.1	
Week 2				Aquatics Dance & Rhythm/Movement Physical Fitness Combatives Games and Sports Outdoor Education Gymnastics Substance Awareness/Health	1.1 1.2 1.3 1.4 1.5 2.1 2.2 2.3 2.4 3.1	
Week 3				Aquatics Dance & Rhythm/Movement Physical Fitness Combatives Games and Sports Outdoor Education Gymnastics Substance Awareness/Health	1.1 1.2 1.3 1.4 1.5 2.1 2.2 2.3 2.4 3.1	
Week 4				Aquatics Dance & Rhythm/Movement Physical Fitness Combatives Games and Sports Outdoor Education Gymnastics Substance Awareness/Health	1.1 1.2 1.3 1.4 1.5 2.1 2.2 2.3 2.4 3.1	
Week 5				Aquatics Dance & Rhythm/Movement Physical Fitness Combatives Games and Sports Outdoor Education Gymnastics Substance Awareness/Health	1.1 1.2 1.3 1.4 1.5 2.1 2.2 2.3 2.4 3.1	

Parent Signature:_____ Date:_____

Student Signature:_____ Date:_____ Monthly Minute Total:_____

What is your Physical Fitness goal this month?_____

Was your Physical Fitness goal met? (Circle One) YES NO

On a minimum of three different days per week, students are required to complete 200 minutes of physical activity: *Attach extra pages if needed.