## Santa Rosa Academy

TK-8 Physical Education Log

Student Name: $\qquad$ Learning Period: $\qquad$

- Participate in physical activity a minimum of 100 minutes per week (Grades TK-5) OR 200 minutes per week (Grades 6-8).
- Keep a log of all activities, including date, time (duration), and description of activity.
- DO NOT list physical activities completed on a weekend or a holiday since they will not count towards instructional minutes.
- LIST OF SKILLS:

Aerobic Conditioning (AC)
Balance (B)
Body Management (BM)
Fitness Concepts (FC)
Flexibility (F)

Group Dynamics (GD)
Knowledge Acquisition (KA) Locomotor Movement (LM) Manipulative Skills (MS)
Motor Development (MD)

Movement Concepts (MC)
Rhythmic Skills (RS)
Social Interaction (SI)
Strength and Endurance (SE)

| Date | Duration <br> (Mins) | Description of Activity | Skills Worked On |
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