



# PE Activity Log



## DUE ON May 21

Name: \_\_\_\_\_

Part 2

Grade: \_\_\_\_\_ Class period: \_\_\_\_\_

4<sup>th</sup> 9 weeks

*This homework is 10% of their Health and Physical Education grade. **Log must be signed and activities checked off or filled in to receive credit.***

### Week 1

April 26-30

Monday- 30 Push-ups and 25 Lunges(each leg):

Tuesday- Choice Activity: # \_\_\_\_\_

Wednesday- 30 Push-ups and 40 Curl-ups:

Thursday- Choice Activity: # \_\_\_\_\_

Friday:- 20 push-ups, 20 curl-ups, 20 lunges

*Parent Signature:* \_\_\_\_\_

### Week 2

May 3-7

Monday- Choice Activity: # \_\_\_\_\_

Tuesday- 25 Lunges(each leg) and 35 Curl-ups:

Wednesday: Choice Activity: # \_\_\_\_\_

Thursday- 30 Push-ups and 35 Curl-ups:

Friday- Choice Activity-# \_\_\_\_\_

*Parent Signature:* \_\_\_\_\_

### Week 3

May 10-14

Monday- 30 Push-ups and 25 Lunges(each leg):

Tuesday- Choice Activity: # \_\_\_\_\_

Wednesday- 25 Push-ups and 40 Curl-ups:

Thursday- Choice Activity: # \_\_\_\_\_

Friday:- 20 push-ups, 20 curl-ups, 20 lunges

*Parent Signature:* \_\_\_\_\_

### Week 4

May 17-21

Monday- Choice Activity: # \_\_\_\_\_

Tuesday- 25 Lunges(each leg) and 35 Curl-ups:

Wednesday: Choice Activity: # \_\_\_\_\_

Thursday- 30 Push-ups and 35 Curl-ups:

Friday- Choice Activity-# \_\_\_\_\_

*Parent Signature:* \_\_\_\_\_

## Choice Activities (20 minute minimum)

#1 – Walking

#2 – Jogging

#3 – Biking

#4 – In-Line Skating

#5 – Skateboarding



#6 – Swimming

#7 – Other Sports like:( basketball, soccer, etc...).

#8 – Sport Practice

#9 – Other – \_\_\_\_\_

(Check with your teacher to make sure the activity is acceptable).



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