

P.E. At Home Log

Name _____ Period: _____ Week #: _____

You are responsible for 2.5 hours per week of activity. Use the following log to keep track of your progress. Please find activities you can do at home or outside of your house. Some examples: walking, running, yoga, HITT training, circuits, body weight/free weight exercises, YouTube fitness videos, fitness apps, playing outside with neighbors/family, etc. If you have any questions about what would be an acceptable activity, please email one of your coaches. There will be a link on google classroom with a variety of exercises if you are unsure where to start.

*** You are earning points for your weekly effort grade. This is in place of the points you would be receiving as participation if we continued to meet at school and dressed out. ***

Weekday	Description of Activity(s)	Time	Equipment/Technology Used	Total Time
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Total Time for the Week:				

After completing the log for the week, answer the following questions.

1. Did you warm up your body prior to participating in these activities?
2. Was it easy to decide/find activities to do? Why or why not?
3. How could you incorporate activity into your current routine? Could you do this long term? Why or why not?
4. How does participating in 2.5 hours of activity per week help your body overtime? (You may use outside resources to answer this question, if needed.)