STUDYWALKS · HOMESCHOOL PACK · FREE TO PRINT

PE Activity Log

A physical education log: activity entries with minutes, weekly totals, hours toward a credit, a simple fitness check-in and a parent summary.

Safety first. Talk with your student's doctor before starting a new or harder exercise program, especially if the student has a health condition, an injury or takes medication. Stop any activity that causes pain, dizziness, chest discomfort or trouble breathing, and get help. This log is a record of activity. It is not medical, health or training advice, and StudyWalks does not assess fitness.

How to use this log

- **Log each activity** the day it happens: what it was, the minutes and how hard it felt.
- **Total each week** in the weekly grid and keep a running total of hours.
- **Check in three times a term** (start, middle, end) with the simple fitness check-in. Compare the student only with his or her own earlier results.
- **Mix the kinds of activity:** endurance (walking, running, cycling, swimming), strength (body-weight exercises, climbing, lifting with instruction), flexibility (stretching, yoga) and skills (sports, dance, martial arts).

Hours toward a credit

StudyWalks uses the common Carnegie-unit convention: about **60 hours for a 0.5 credit** and **120 hours for a 1.0 credit**. The recommended plan suggests a 0.5 credit of physical education in each high school year. You decide what counts and what credit to grant.

For reference, the U.S. Department of Health and Human Services' Physical Activity Guidelines say that youth ages 6 through 17 need at least 60 minutes of moderate-to-vigorous activity each day, plus activities that strengthen muscles and bones (odphp.health.gov). Daily activity and a PE credit are different things: the log records both, and you decide what goes toward the credit.

Walking with a StudyWalks lesson playing is a good habit. Decide which record those minutes count toward; do not count the same minutes as both study time and PE.

Plan

Student _____ School year / term _____ Hours goal (60 / 120 / other) _____

Main activities _____ Coach, team or class (if any) _____ Start date _____

Goals for the term

_____

_____

_____

Activity log

Type: E endurance, S strength, F flexibility, K skill or sport. Effort, by the talk test: L light (can talk and sing), M moderate (can talk, but not sing), V vigorous (can say only a few words before pausing for a breath). The talk test is a rough guide, not a measurement; stop if anything hurts. Print as many copies of this page as you need.

Date	Activity	Type	Minutes	Effort	Notes	Parent

Weekly totals

Minutes per day. One row per week; 18 rows is about a semester.

Week of	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Week minutes	Running hours	Parent

Fitness check-in

A simple record of the student's own progress. Warm up first, use good form, and skip any item the student's doctor advises against. There are no target numbers here: compare the end of the term with the start.

Check	Start Date:	Middle Date:	End Date:
Walk or run 1 mile: time			
Push-ups in a row, good form			
Plank hold: time			
Sit-and-reach: distance			
Longest continuous activity: minutes			
Student-chosen skill (e.g. free throws of 10, jump-rope skips)			

What changed, and what I will work on next

Parent's end-of-term summary

Total hours logged	
Main activities	
Progress observed	
Teamwork, sportsmanship, safety	
Credit granted and grade (parent's decision)	

Parent signature _____ Date _____

StudyWalks is a curriculum and study-tool provider, not a school. In a homeschool the parent decides the courses, the credit and the grades, and keeps the records. Check your own state's homeschool rules. This pack is free to print and copy for your family or homeschool group; please do not sell it or repost the file.

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