

Distance Learning PE Activity Record



Student Name: _____ PE period: _____

Week of: _____

Day	Exercise Activity	Time Started	Time Ended	Total time	Parent initials
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					

PE Requirements for distance/online learning are as follows:

1. PE students are to engage in at least 30 minutes of exercise during each day of distance education.
2. PE students must log their exercise activity daily and submit the log each Friday to Schoology.
3. PE activities should model “social distancing” that is currently mandated by Alameda County.
4. Daily exercise is expected to be physical activity that increases, and maintains, the students heart rate to *at least* 60% of the maximum heart rate.
5. Parents/guardians must initial the daily exercises and sign the PE log each week for it to count for credit.
6. Contact your PE teacher if you are unsure if an activity will count for PE credit.
7. Missed days of PE will count against student grades in the Dress & PACE categories in the same way that a non-dress day would for on campus PE class.

I certify that my son/daughter completed the above requirements to fulfill their PE class expectations for the week.

Parent/Guardian Signature

Date

Print Name