DuVall/Long Elementary Physical Education Activity Log

Student Name:_____

Grade:_____   School:_____

Essential Objective: **2.1 Students will develop and maintain healthy levels of cardiovascular endurance.**

Date	Activity	Parent Signature
Ex:_____4/14/20___	5 minutes of exercise_	___ Mr Smith _____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

11 - 16 Activities = Met
5 - 10 Activities = Progressing
0 - 4 Activities = Limited Progress