

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

Elementary Physical Education

Physical Activity Logbook

Mr. DuVall

Parents, please assist your child with this assignment on a daily basis. Help them with logging their information and understanding the difference between physical activity and physical exercise.

Physical Activity: When a person burns calories or improves their physical fitness **without it being planned**. (Examples: Walking up the stairs at your house, stacking firewood, walking through the hallways of school to go to class, etc.)

Physical Exercise: When a person burns calories or improves their physical fitness in a **planned** fashion. (Physical Education with Mr. DuVall, planning and running one mile on the track, etc.)

For the next 14 days, please record your unplanned daily physical activity and your planned daily physical exercise in the chart below.

Day 1	Physical Activity done this day How long:	Physical Exercise done this day How long:
Day 2	Physical Activity done this day How long:	Physical Exercise done this day How long:
Day 3	Physical Activity done this day How long:	Physical Exercise done this day How long:
Day 4	Physical Activity done this day How long:	Physical Exercise done this day How long:
Day 5	Physical Activity done this day How long:	Physical Exercise done this day How long:
Day 6	Physical Activity done this day How long:	Physical Exercise done this day How long:
Day 7	Physical Activity done this day How long:	Physical Exercise done this day How long:
Day 8	Physical Activity done this day How long:	Physical Exercise done this day How long:

<b>Day 9</b>	Physical Activity done this day How long:	Physical Exercise done this day How long:
<b>Day 10</b>	Physical Activity done this day How long:	Physical Exercise done this day How long:
<b>Day 11</b>	Physical Activity done this day How long:	Physical Exercise done this day How long:
<b>Day 12</b>	Physical Activity done this day How long:	Physical Exercise done this day How long:
<b>Day 13</b>	Physical Activity done this day How long:	Physical Exercise done this day How long:
<b>Day 14</b>	Physical Activity done this day How long:	Physical Exercise done this day How long:

If you are struggling to come up with ideas of physical exercise, below are some ideas...

- Cosmic Kids Yoga on Youtube (We have done this in class in the kids love it).
- Pilates online.
- Playing with a pet outside for at least a half hour.
- Going outside and going for a walk with a parent to get some fresh air.

Reflection: What physical exercise did you most enjoy over the 14 days?

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What physical activity do you feel you performed the most?

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