

**Parkside PE Virtual Learning/Alternate Activity**

**Activity Log**

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

Homeroom Teacher: \_\_\_\_\_

Grade: \_\_\_\_\_

*\*Students should complete at least two physical activities (exercise of choice) per week for a minimum of 30 minutes. The Activity Log takes the place of Zoom Instruction and will be used to determine grade.*

Week	Date	#1	Activity	# 2	#1 Time Spent	# 2	Parent Signature
1	Aug 24 - 28						
2	Aug 31 - Sept 4						
3	Sept 8 - 11						
4	Sept 14-18						
5	Sept 28 - Oct 2						
6	Oct 5 - 9						
7	Oct 14 - 16						
8	Oct 19 - 23						
9	Oct 26 - 30						

\*Activity logs can be sent to Coach B at [mbethune@atlanta.k12.ga.us](mailto:mbethune@atlanta.k12.ga.us) every two weeks

\*All physical activities can be counted. Ex. Hiking, cleaning, swimming, bike riding, yoga, dance, sports, etc.

Standard/GA.PE.5 The physically educated student recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

# Physical Activity Pyramid for Young Children

