

Student Name: _____

PE Log

Below is a list of physical activities that your child **may have** participated in during the past term. Check off the approximate amount of frequency that your child has participated in an activity. Please include this PE Log along with your child's term portfolio.

	Almost every day	2 –3 times per week	1 time per week	1 time every 2 weeks	1 time per month	Approximate time for one session of the activity
Ballet						
Ball Play (throwing, catching, kicking, hitting)						
Baseball						
Biking						
Cooperative Games						
Dancing						
Frisbee						
Gardening						
Gymnastics						
Hiking						
Hockey						
Juggling						
Jumping (hopscotch, jumping jacks)						
Karate						
Kite flying						
Physical Labour (chores)						
Playground play						
Push-ups						
Rollerblading						
Running						
Scotering						
Sit-ups						
Skating						
Skiing						
Skipping						
Soccer						
Stretches						
Swimming						
Tag						
Tobogganing						
Trampoline						
Walking						
My child has completed 30 minutes of physical activity 5 days a week. (YES / NO)						

Parent Signature: _____

Date: _____

Quarter (circle): 1 2 3 4