

SALK PHYSICAL EDUCATION

Activity Log

You are out of school but fitness and being active is still important! The following log is encouraged (but not required) while you are not in school. Plan your activity and do your best to stay moving. Inside activities could include using home equipment, active video games that promote dancing, tik tok dance parties, youtube workouts or workouts on demand, anything that helps you work up a sweat! Outside activities could include taking a walk or jog, playing basketball or volleyball with a friend or jumping on a trampoline.

****Bring this log back (or email it to us) and receive a special prize.**

Name: _____ Class Period: _____ Class # _____

Teacher: circle BONTRAGER KELLEY

Requirements:

- 1) 30 min of continuous movement (See list of possible options above)
- 2) 4 days per week helps keep you healthy

Muscle Fitness Idea's - try for 2 days of muscle fitness a week (F.I.T.T)

*You can add numbers on any set to increase difficulty or hold weights during squats or lunges

Workout A

*** 20 min of cardio followed by**

- 10 Push-Ups
- 10 Squats
- 10 Lunges
- 25 crunches
- 20 sec. plank

Workout B – Repeat in order 4x

- 50 jumping jacks
- 10 Lunges
- 10 push-ups
- 25 crunches
- 30 sec. plank

Cardio Ideas (20min +)

*Walking *Jogging *dancing *biking *swimming
*jumping on trampoline *playing basketball game

FLEXIBILITY *Don't forget to start with a warm-up and end with a cooldown. Stretch!!!

Journal - Date	What activity did you do?	How long was your activity?
#1		
#2		
#3		
#4		
#5		
#6		
#7		
#8		
#9		
#10		
#11		
#12		
#13		
#14		
#15		
#16		
#17		
#18		
#19		
#20		
#21		
#22		
#23		
#24		

Parent / Guardian Signature: _____ Phone # _____

Teacher Approved _____
