**Physical Education Activity Journal**

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

**\*You only need to complete activities Monday-Friday, but you are welcome to record your weekend activities as well\***

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| Date | Activities Performed – Skills Developed: | | Minutes of Activity: |
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| **Movement Skills and Strategies:**  \*Please check off some of the movements you completed\*   * Throwing * Dribbling * Passing * Kicking a Ball * Catching * Striking/Hitting a Ball * Galloping * Jumping * Hopping * Balancing * Bending * Rolling * Twisting | | **Games:**   * Basketball activity * Soccer activity * Ball or Floor Hockey * Tag Skills * Other Team/Family Partner Game: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |
| **Rhythmic Activities:**  **\*Activities designed to move our bodies in rhythm**   * Dancing * Gymnastics * Zumba * Aerobics | |

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| **Student Reflection**  Something I want to learn more about is:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Something I enjoyed participating in was:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_ |