**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: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |