

Week 4

Physical Activity Log

Goal is to do 200min a week

What I Did	My Effort	Mon	Tue	Wed	Thu	Fri	Total Min.

Activity: Write three paragraphs on the history of soccer. Here is a link to a video. <https://www.youtube.com/watch?v=Rgkp9lgbPiA>

Week 5

Physical Activity Log

Goal is to do 200min a week

What I Did	My Effort	Mon	Tue	Wed	Thu	Fri	Total Min.

Activity: Come up with a 45 min workout. Write it down and be specific on how long each exercise is performed. Also, explain what muscles are used in each exercise.

Week 6

Physical Activity Log

Goal is to do 200min a week

What I Did	My Effort	Mon	Tue	Wed	Thu	Fri	Total Min.

Activity: So, for this week you will come up with your own game. You will come up with your own rules and explain how the game is played. Be creative when coming up with your game. Write three paragraphs about the new game you made up.

Week 7

Physical Activity Log

Goal is to do 200min a week

What I Did	My Effort	Mon	Tue	Wed	Thu	Fri	Total Min.

Activity: This week you will write three paragraphs on why physical education is important and what the benefit(s) of daily physical education is.

Resource: <https://www.youtube.com/watch?v=V81c08xyMal>

Week 8

Physical Activity Log

Goal is to do 200min a week

What I did	My Effort	Mon	Tue	Wed	Thu	Fri	Total Min.

Activity: This week you will write three paragraphs on any athlete that you want. You must include: what sport the athlete played, what high school he/she attended, and what college they played for (if any). Why was this athlete successful? What can you learn from the athlete that might be helpful in your life? Also include any information that you would find that would be interesting.