



Kendale Lakes Elementary Physical Education Log

Student Name: _____

Week of: _____ Homeroom Teacher: _____

Day of the week	Daily Assignment (Choose 2 per Day and QUEST Choose 1 per Day)	Additional Exercises (Optional)	Parent Signature
Monday	<input type="checkbox"/> Leg stretches- (example: right/left leg forward) <input type="checkbox"/> 3 sets of 10 jumping jacks <input type="checkbox"/> 3 sets of 10 push ups <input type="checkbox"/> 3 sets of 10 sit ups <input type="checkbox"/> 3 sets of One minute jumping rope skill(running in place) 30 sec rest in between		(Type Name via email)
Tuesday	<input type="checkbox"/> Leg stretches- (example: right/left leg forward) <input type="checkbox"/> 3 sets of 10 jumping jacks <input type="checkbox"/> 3 sets of 10 push ups <input type="checkbox"/> 3 sets of 10 sit ups <input type="checkbox"/> 3 sets of One minute jumping rope skill(running in place) 30 sec rest in between		(Type Name via email)
Wednesday	<input type="checkbox"/> Leg stretches- (example: right/left leg forward) <input type="checkbox"/> 3 sets of 10 jumping jacks <input type="checkbox"/> 3 sets of 10 push ups <input type="checkbox"/> 3 sets of 10 sit ups <input type="checkbox"/> 3 sets of One minute jumping rope skill(running in place) 30 sec rest in between		(Type Name via email)
Thursday	<input type="checkbox"/> Leg stretches- (example: right/left leg forward) <input type="checkbox"/> 3 sets of 10 jumping jacks <input type="checkbox"/> 3 sets of 10 push ups <input type="checkbox"/> 3 sets of 10 sit ups <input type="checkbox"/> 3 sets of One minute jumping rope skill(running in place) 30 sec rest in between		(Type Name via email)
Friday	<input type="checkbox"/> Leg stretches- (example: right/left leg forward) <input type="checkbox"/> 3 sets of 10 jumping jacks <input type="checkbox"/> 3 sets of 10 push ups <input type="checkbox"/> 3 sets of 10 sit ups <input type="checkbox"/> 3 sets of One minute jumping rope skill(running in place) 30 sec rest in between		(Type Name via email)