

# MUSD Middle School P.E. Physical Activity Daily Journal

Student Name \_\_\_\_\_

Instructions: For every day student is not at school, they are to keep a log of his/her daily physical activity. The State of California guidelines are for students to be active for at least 50 minutes a day. Some of the activities the students may engage in are listed on the back of this sheet. Complete the activity chart below daily followed by a parent's signature.

Date	Time Started Activity	Time Ended Activity	Total Time	Activity Description	Parent Signature
<b>EXAMPLE:</b> DAY 1: Date: 1/26/2019	3:30pm	4:30pm	1 hour	Played basketball at the park	<i>Juan Torres</i>
DAY 1 Date:					
DAY 2 Date:					
DAY 3 Date:					
DAY 4 Date:					
DAY 5 Date:					
DAY 6 Date:					
Day 7 Date:					
Day 8 Date:					
Day 9 Date:					
Day 10 Date:					

**Please return to teacher to receive credit for days not at school!**

## **Ideas for Activity**

### **CARDIOVASCULAR**

RUNNING / JOGGING  
WALKING  
SOCCER  
FOOTBALL  
SKATEBOARDING  
BASKETBALL  
BICYCLING  
JUMP ROPE  
AEROBICS  
JUMPING JACKS  
VOLLEYBALL  
FRISBEE

### **MUSCULAR STRENGTH / MUSCULAR ENDURANCE**

SQUATS  
LUNGES  
PUSH-UPS  
SIT-UPS  
WALL SITS  
WEIGHT TRAINING  
PULL-UPS  
  
CORE EXERCISES:  
FLUTTER KICKS, BRIDGES,  
PLANKS, 1 ARM BALANCE,  
SUPERMAN, BIRD DOG

### **FLEXIBILITY**

LOWER BODY STRETCHING  
UPPER BODY STRETCHING  
AEROBICS  
YOGA  
DANCE

In addition to the exercises above, you can also be creative with your workout by: doing chores around the house, walking the dog, playing with your siblings, and other activities that allow you to be **UP** and **MOVING** to get your **HEART RATE UP**.

**The following links are fitness videos you can use as a workout:**

- <https://www.verywellfit.com/step-by-step-cardio-exercises-for-home-workouts-1230827>
- [https://www.youtube.com/watch?v=L\\_A\\_HjHZxfI](https://www.youtube.com/watch?v=L_A_HjHZxfI)
- <https://www.youtube.com/watch?v=X655B4ISakg>
- [https://www.youtube.com/watch?v=sHd2s\\_saYsQ](https://www.youtube.com/watch?v=sHd2s_saYsQ)
- <https://www.youtube.com/watch?v=MYor6ToeMC4>
- <https://www.youtube.com/watch?v=kAXg3cM0UCw>
- <https://www.youtube.com/watch?v=WmGjxU3Ggko>
- <https://www.youtube.com/playlist?list=PLpLjflpxMscgaz1D891uaVqLbOpwUF7IG>