Dehesa Charter School
Shaping the Future... One Student at a Time

P.E. Log for Month _____

Concepts met (check all that apply):

- ☐ Aerobic Conditioning
- ☐ Strength Development
- ☐ Motor/Skills Development
- ☐ Knowledge Acquisition

Date	Activity	Amount of Time*

*State Requirements: Grades 1-6: 200 minutes every ten days
Grades 7-12: 400 minutes every ten days

Fitness goal/actual:

Curl up ____/____ Trunk Lift____/____ Push-ups____/____
Pull up or hang____/____ Site and Reach ____/____
Shoulder Stretch ____/____ Mile run ____/____

Parent Signature:_____ Date: _____