

Name:

Oratory:

Date:



Physical Activity Log Book

As part of your last 3 weeks of Remote Learning you are to keep a log book of your physical activity. You are required to record the type of activity, date, intensity (low, moderate or vigorous), comfort level (1 – 10), minutes and have a Parent/Guardian sign off on the activities for each week. Your goal/target for the 3 weeks is to complete a minimum of 15 hours of physical activity.

When you are at school you are naturally active when you walk to and from school, in between classes, during PE and at recess and lunch. You need to remember this while you are at home. You should be aiming for 60 minutes or more of moderate to vigorous physical activity per day (as per the national physical activity guidelines for teenagers).

Upload your completed physical activity log book to Classwork through Learning Areas on SIMON by Friday the 17th of September.

| Physical Activity Log book | | | | | | | | | | | | | | | | | |
|---|------|--|----------------------|-------------|----------------------------------|---------|--|----------------------|---------|------------------------------------|------|--|----------------------|---------|--|-------------|--|
| Week 8 (30th August – 3rd September) | | | | | Week 9 (6th – 10th September) | | | | | Week 10 (13th – 17th September) | | | | | | | |
| Type of Activity | Date | Intensity (low, moderate or vigorous) | Comfort level (1-10) | Minutes | Type of Activity | Date | Intensity (low, moderate or vigorous) | Comfort level (1-10) | Minutes | Type of Activity | Date | Intensity (low, moderate or vigorous) | Comfort level (1-10) | Minutes | | | |
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| Signed: | | | | Total Time: | | Signed: | | | | Total Time: | | Signed: | | | | Total Time: | |

TARGET: 15 HRS
(MINIMUM)

