

MUSD High School P.E. Physical Activity Daily Journal

Student Name _____ ID# _____ PE Teacher _____

Instructions: For every day a student is not at school, he/she can log his/her daily physical activity. The State of California guidelines for secondary PE students is to be active for 50+ minutes per day. High school students are encouraged to complete activities learned from PE Fitness days and to include the four components of fitness: cardiovascular endurance, muscular strength, muscular endurance, and flexibility. Some of the activities the students may engage in are listed on the back of this sheet and can be found on the "MUSD PE and Activity at Home" webpage:

<https://www.madera.k12.ca.us/Page/13469> . Complete the activity chart below on a daily basis.

Date	Time Started Activity	Time Ended Activity	Total Time	Activity Description	Parent Signature
EXAMPLE: 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 P.E. teacher 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_HjHZxfl
- <https://www.youtube.com/watch?v=X655B4ISakg>
- 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>