Activity Diary

Each week download this diary and record your physical activity and duration in the table below. Aim for 60 mins each day. You can use any of the activities provided by your teacher on Microsoft Teams or any other activity you can find on internet that you can do at home. When you have a timetabled PE practical lesson you should upload this diary to Microsoft Teams with any videos or photographs you want to show as evidence.

**Name…………………………………………………………………Teacher………………………………………………………….Date:………………………………………….**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **Morning** | **Daytime** | **Afternoon** | **Evening** | **Total (Time)** |
| **Monday** |  |  |  |  |  |
| **Tuesday** |  |  |  |  |  |
| **Wednesday** |  |  |  |  |  |
| **Thursday** |  |  |  |  |  |
| **Friday** |  |  |  |  |  |
| **Saturday** |  |  |  |  |  |