Activity Diary Term 6 Week 1-6

Following a PE department review of last terms activity diaries there will be the following changes:

* First of all, please ensure you watch the video attached to this assignment from Mr Morgan-Watts who goes through what you have to do.
* The whole terms work will be in one place this document, you no longer will download each week, you will edit within the document.
* Each week you should show **PROGRESSIVE OVERLOAD –** which means you should gradually increase the work you are doing. For example, in week one you may do 10 Press ups in a 30 second set, in following training sessions you should gradually increase the number so by end of week two you maybe up to 12 or 13.
* You can apply this principle to all training session by gradually increasing any of the following:
* How often you train
* How hard you hare working (example above)
* How long you train for each session.
* The time you train for each day will change depending on how your progressive overload is going so in week 1 aim for 60mins and each week that should gradually increase.

The rest of the diary is the same as before:

Record your physical activity and duration in the table overleaf. 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 updating the diary and uploading any videos or photographs you want to show as evidence.

Activity Diary Term 6 Week 1

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

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

Activity Diary Term 6 Week 2

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

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

Activity Diary Term 6 Week 3

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

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

Activity Diary Term 6 Week 4

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

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

Activity Diary Term 6 Week 5

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

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

Activity Diary Term 6 Week 6

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

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