

Synchronous (LIVE) Block Physical Education Log

Complete the form below at the conclusion of each LIVE Physical Education session. Your teacher will publish this form for each period. This form is best completed on your phone as you will be asked to submit photos for some responses.

What type of activity did you participate in today? (Cardio, Flexibility, Muscular Strength, Muscular Endurance) List all that apply.

cardio

What was the duration of this activity? (minutes)

27 minutes

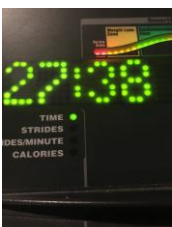
What was your Heart Rate in the MIDDLE of your workout? (10 seconds x 6 or 15 seconds x 4)= BPM.

Not recorded

What was your Heart Rate and the END of your workout?

28*6 = 168 bpm

Submit an image to verify your workout Distance, Duration, or Heart Rate. Take a screen shot of your Heart Rate App, Running/Walking tracker, etc and submit here.



REFLECTION: (minimum of 3 sentences) Reflect on the worksheet you completed today. Compare/contrast how you felt before and after the workout or describe any adversity during your workout.

__I've been feeling pretty demotivated lately, probably due to having to stay home for such a long time. I pushed myself to workout for a little bit longer though, to maybe help my motivation. Right now I feel a little better, but I'm not sure if I will get more motivated or not.__