

Physical Activity Log: Let's Get Moving!

Physical Activity Log Example:

Teacher Name: _____ Age of Children: _____ Date: _____

Classroom Activity	Physical Activity Type (Adult-Led or Unstructured) Activity Description	Physical Activity Level Light, Moderate or Vigorous	# <u>12</u> of children in the class # of children participating	Time
Drop-off	None			
Transition to Breakfast	Adult-Led Animal Walk to Cafeteria	Light	All	5 minutes
Breakfast	None			
Transition to Bathroom and Circle	None			
Circle	Adult-Led Yoga on the Carpet	Moderate	All	10 minutes
Center Play	None			
Transition to Bathroom and Outside Time	None			
Outside Time	Unstructured Adult-Led: Soccer Ball Game	Moderate? Moderate	Depends 5 children	45 minutes 10 minutes

Total Time in Adult Led Physical Activity: 25 minutes

Total Time in Unstructured Physical Activity: 45 minutes

Total Time Outside: 45 minutes

Key

Classroom Activity: In this column list all of the classroom activities on the schedule. Include all classroom transitions.

Physical Activity Type:

Adult-Led: Structured physical activities with an ECE provider leading and engaging children in a game, activity or skill-practice (such as jumping, throwing, and balancing). Adults introduce the activity and children decide if they want to participate.

Unstructured: Free play with children shaping the activities. Adults provide the time and materials to be physically active. Adults can join in but children take the lead.

Activity Description: for Adult-Led activities, describe the activity.

Physical Activity Level: list your best idea of the activity level.

Light: involves moving at a pace that does not place much demand on the body, such as walking, standing. Does not lead to sweating, labored breathing, or a substantial increase in heart rate

Moderate: Activity that raises a person's heart rate, but still allows one to talk easily, such as a brisk walk.

Vigorous: Activity where a person breathes faster and deeper than normal and interferes with the person's ability to talk – leaves you 'breathless'.

of children participating: Children may come and go to an activity. List your best estimate of how many children participated. This will allow you to see generally how many of your children are being active.

Time: List low long the activity lasted.

This physical activity log will allow ECE providers to see the amount and type of physical activity in their classroom. With this log you can expand your opportunities and options for physical activity and expand activities to include children who may currently be less active.

