



Physical Activity Log

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

Track the physical activity in your classroom for one day. Use additional copies if you need more rows to list your classroom activities for a full day. This log can help see the amount and type of physical activity children are experiencing in your care. When you have filled in the log, add up the time active.

| Classroom Activity | Physical Activity Type (Adult-Led or Unstructured) And Activity Description | Physical Activity Level (Light, Moderate or Vigorous) and Location (Indoors or Outdoors) | # of children engaged in PA # of children in the class | Time Active |
|---|--|--|---|-------------------|
| <i>Example: Literacy/Story Time</i> | <i>Adult-Led Read "In the Tall, Tall Grass" by Denise Fleming and moved with the story</i> | <i>Light, Outdoors</i> | <i>10 (of 12) participated</i> | <i>10 minutes</i> |
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Total Time in Adult Led Physical Activity: _____
 Total Time Outside: _____
 Total Time in Unstructured Physical Activity: _____

Key

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

Physical Activity Type:

Adult-Led: Structured physical activities with an adult leading and engaging children in a game, activity or skill-practice

Unstructured: Free play with children shaping the activities. Adults provide the time and materials to be physically active.

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

Physical 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 how long the activity lasted.