



CALIFORNIA
VIRTUAL
ACADEMIES

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2023-2024 Student PE Log

Student Information	
Student First Name:	Student Last Name:
Student ID#:	CAVA Teacher:

Learning Period 3 (Quarter 1/2)
20 Day Period: October 9, 2023 – November 3, 2023

Total Physical Activity Minutes Required: 200 minutes (10 school days)			
Date	Week Day	Activity	# of Minutes
October 9, 2023	Monday		
October 10, 2023	Tuesday		
October 11, 2023	Wednesday		
October 12, 2023	Thursday		
October 13, 2023	Friday		
October 16, 2023	Monday		
October 17, 2023	Tuesday		
October 18, 2023	Wednesday		
October 19, 2023	Thursday		
October 20, 2023	Friday		
Total Minutes:			

Total Physical Activity Minutes Required: 200 minutes (10 school days)			
Date	Week Day	Activity	# of Minutes
October 23, 2023	Monday		
October 24, 2023	Tuesday		
October 25, 2023	Wednesday		
October 26, 2023	Thursday		
October 27, 2023	Friday		
October 30, 2023	Monday		
October 31, 2023	Tuesday		
November 1, 2023	Wednesday		
November 2, 2023	Thursday		
November 3, 2023	Friday		
Total Minutes:			

Physical Activity Requirement
All students, in grades TK-5, are required to complete 200 minutes of physical activity every 10 days or 20 minutes daily.

