

3<sup>rd</sup> Grade – 5<sup>th</sup> Grade Parents and Students,

Students are required to complete a Physical Education Journal for 1 week each Marking Period. This year the journal is a little different. We will be learning a lot about physical activity, eating healthy, and getting an appropriate amount of sleep. Each student will keep a 5-day log. Below you will see the due dates and a template that should be used each time an entry is completed. I have also placed an example journal log. This journal template is given to every student during his or her first visit to PE. It is the students responsible to keep up with their journal for the entire year.

**GOOGLE CLASSROOM:** Students may also complete the journal through Google Classrooms. To join a class please visit <http://josephsauerspe.weebly.com/physical-education-journal.html> to learn more. It is really easy. Students can complete the journal any week they choose during the marking period, as long as it is done prior to the due date.

**WHEN WILL I CHECK JOURNALS?** I will check journals on the day the students come to PE. (i.e. If the journal is due on September 25<sup>th</sup>, I will start checking the journals on that day, but since I do not see all students on that day I will check their journal the first day they come to PE after the 25<sup>th</sup>.) Students do not need to bring journals to me on the due date. I will only check when **their class** comes to PE at their scheduled time.

If you have any questions Please E-mail, Call, and/or visit my webpage at <http://josephsauerspe.weebly.com>

Due Date:

Google Classroom Set up:

1<sup>st</sup> Marking Period: September 7<sup>th</sup>  
2<sup>nd</sup> Marking Period: November 4<sup>th</sup>  
3<sup>rd</sup> Marking Period: February 3<sup>rd</sup>  
4<sup>th</sup> Marking Period: April 19<sup>th</sup> (Could change due to  
GMAS Testing)

- 1) Log in to Google Classrooms
- 2) Click plus sign in the top right of page (+) .
- 3) Click Join Class
- 4) Enter Class Code to Join (Get your classes code from the following link:  
<http://josephsauerspe.weebly.com/physical-education-journal.html>)

Joseph Sauers

PE Teacher

E-mail: [joseph.sauers@sccpss.com](mailto:joseph.sauers@sccpss.com)

Please keep this attached to your journals; I will check for the signature when I check the first journal.

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By signing below you are confirming that you understand and accept the requirements for the Physical Activity Log. If you have any questions please contact Mr. Sauers. Thank you.

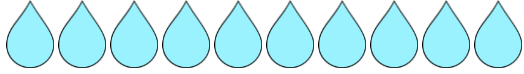



Students Name: \_\_\_\_\_ Students Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parents Name: \_\_\_\_\_ Parents Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**EXAMPLE LOG**





**Day 1: August 1, 2016**

<b>Breakfast:</b> Cereal	<b>Lunch:</b> Turkey Sandwich, apple, potato chips.	<b>Dinner:</b> Chicken mozzarella, green beans, rice, and a salad.	<b>Snacks:</b> Granola Bar
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<b>Water (Cups):</b> Color in water drop for ever cup that you drink		<b>How did you sleep?</b>	<b>Exercise (minutes):</b> <b>65</b>
		  	





**Day 2: August 2, 2016**

<b>Breakfast:</b> Pop tarts (2) and milk	<b>Lunch:</b> Salad	<b>Dinner:</b> Fish Tacos with chips and salsa	<b>Snacks:</b> Apple, granola bar.
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<b>Water (Cups):</b> Color in water drop for ever cup that you drink		<b>How did you sleep?</b>	<b>Exercise (minutes):</b> <b>120</b>
		  	





**Day 3: August 3, 2016**

<b>Breakfast:</b> Oatmeal	<b>Lunch:</b> Salad	<b>Dinner:</b> Pepperoni Pizza	<b>Snacks:</b> Chips
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<b>Water (Cups):</b> Color in water drop for ever cup that you drink		<b>How did you sleep?</b>	<b>Exercise (minutes):</b> <b>75</b>
		  	





**Day 4: August 4, 2016**

<b>Breakfast:</b> Smoothie	<b>Lunch:</b> Left over Pepperoni Pizza	<b>Dinner:</b> Shrimp Quisidillas from Cancun Mexican Restaurant	<b>Snacks:</b> Did not have one.
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<b>Water (Cups):</b> Color in water drop for ever cup that you drink		<b>How did you sleep?</b>	<b>Exercise (minutes):</b> <b>72</b>
		  	

**Day 5: August 5, 2016**

<b>Breakfast:</b> Waffles and Milk	<b>Lunch:</b> Salad	<b>Dinner:</b> Hamburger, Salad, and Mac and Cheese.	<b>Snacks:</b> Graham Crackers
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<b>Water (Cups):</b> Color in water drop for ever cup that you drink		<b>How did you sleep?</b>	<b>Exercise (minutes):</b> <b>80</b>
		  	





**Review**

<b>Did you drink at least 8 glasses of water every day?</b> NO	<b>Did you Exercise at least 60 minutes every day?</b> YES	<b>Did you eat healthy snacks?</b> YES	<b>Could you have done something better? If so what?</b> Could have had more water
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**1<sup>st</sup> Marking Period Journal – DUE SEPTEMBER 7th**





**Day 1:**

<b>Breakfast:</b>	<b>Lunch:</b>	<b>Dinner:</b>	<b>Snacks:</b>
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<b>Water (Cups):</b> Color in water drop for ever cup that you drink 	<b>How did you sleep?</b>   	<b>Exercise (minutes):</b> <div style="border: 1px solid black; height: 30px; width: 100%;"></div>
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**Day 2:**

<b>Breakfast:</b>	<b>Lunch:</b>	<b>Dinner:</b>	<b>Snacks:</b>
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<b>Water (Cups):</b> Color in water drop for ever cup that you drink 	<b>How did you sleep?</b>   	<b>Exercise (minutes):</b> <div style="border: 1px solid black; height: 30px; width: 100%;"></div>
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**Day 3:**

<b>Breakfast:</b>	<b>Lunch:</b>	<b>Dinner:</b>	<b>Snacks:</b>
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<b>Water (Cups):</b> Color in water drop for ever cup that you drink 	<b>How did you sleep?</b>   	<b>Exercise (minutes):</b> <div style="border: 1px solid black; height: 30px; width: 100%;"></div>
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**Day 4:**

<b>Breakfast:</b>	<b>Lunch:</b>	<b>Dinner:</b>	<b>Snacks:</b>
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<b>Water (Cups):</b> Color in water drop for ever cup that you drink 	<b>How did you sleep?</b>   	<b>Exercise (minutes):</b> <div style="border: 1px solid black; height: 30px; width: 100%;"></div>
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**Day 5: August 5, 2016**

<b>Breakfast:</b>	<b>Lunch:</b>	<b>Dinner:</b>	<b>Snacks:</b>
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<b>Water (Cups):</b> Color in water drop for ever cup that you drink 	<b>How did you sleep?</b>   	<b>Exercise (minutes):</b> <div style="border: 1px solid black; height: 30px; width: 100%;"></div>
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**Review**

<b>Did you drink at least 8 glasses of water every day?</b>	<b>Did you Exercise at least 60 minutes every day?</b>	<b>Did you eat healthy snacks?</b>	<b>Could you have done something better? If so what?</b>
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**2<sup>nd</sup> Marking Period Journal – DUE NOVEMBER 4th**





**Day 1:**

<b>Breakfast:</b>	<b>Lunch:</b>	<b>Dinner:</b>	<b>Snacks:</b>
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<b>Water (Cups):</b> Color in water drop for ever cup that you drink 	<b>How did you sleep?</b>   	<b>Exercise (minutes):</b> <div style="border: 1px solid black; height: 30px; width: 100%;"></div>
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**Day 2:**

<b>Breakfast:</b>	<b>Lunch:</b>	<b>Dinner:</b>	<b>Snacks:</b>
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<b>Water (Cups):</b> Color in water drop for ever cup that you drink 	<b>How did you sleep?</b>   	<b>Exercise (minutes):</b> <div style="border: 1px solid black; height: 30px; width: 100%;"></div>
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**Day 3:**

<b>Breakfast:</b>	<b>Lunch:</b>	<b>Dinner:</b>	<b>Snacks:</b>
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<b>Water (Cups):</b> Color in water drop for ever cup that you drink 	<b>How did you sleep?</b>   	<b>Exercise (minutes):</b> <div style="border: 1px solid black; height: 30px; width: 100%;"></div>
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**Day 4:**

<b>Breakfast:</b>	<b>Lunch:</b>	<b>Dinner:</b>	<b>Snacks:</b>
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<b>Water (Cups):</b> Color in water drop for ever cup that you drink 	<b>How did you sleep?</b>   	<b>Exercise (minutes):</b> <div style="border: 1px solid black; height: 30px; width: 100%;"></div>
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**Day 5: August 5, 2016**

<b>Breakfast:</b>	<b>Lunch:</b>	<b>Dinner:</b>	<b>Snacks:</b>
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<b>Water (Cups):</b> Color in water drop for ever cup that you drink 	<b>How did you sleep?</b>   	<b>Exercise (minutes):</b> <div style="border: 1px solid black; height: 30px; width: 100%;"></div>
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**Review**

<b>Did you drink at least 8 glasses of water every day?</b>	<b>Did you Exercise at least 60 minutes every day?</b>	<b>Did you eat healthy snacks?</b>	<b>Could you have done something better? If so what?</b>
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**3<sup>rd</sup> Marking Period Journal – DUE FEBRUARY 3<sup>rd</sup>**





**Day 1:**

<b>Breakfast:</b>	<b>Lunch:</b>	<b>Dinner:</b>	<b>Snacks:</b>
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<b>Water (Cups):</b> Color in water drop for ever cup that you drink 	<b>How did you sleep?</b>   	<b>Exercise (minutes):</b> <div style="border: 1px solid black; height: 30px; width: 100%;"></div>
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**Day 2:**

<b>Breakfast:</b>	<b>Lunch:</b>	<b>Dinner:</b>	<b>Snacks:</b>
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<b>Water (Cups):</b> Color in water drop for ever cup that you drink 	<b>How did you sleep?</b>   	<b>Exercise (minutes):</b> <div style="border: 1px solid black; height: 30px; width: 100%;"></div>
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**Day 3:**

<b>Breakfast:</b>	<b>Lunch:</b>	<b>Dinner:</b>	<b>Snacks:</b>
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<b>Water (Cups):</b> Color in water drop for ever cup that you drink 	<b>How did you sleep?</b>   	<b>Exercise (minutes):</b> <div style="border: 1px solid black; height: 30px; width: 100%;"></div>
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**Day 4:**

<b>Breakfast:</b>	<b>Lunch:</b>	<b>Dinner:</b>	<b>Snacks:</b>
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<b>Water (Cups):</b> Color in water drop for ever cup that you drink 	<b>How did you sleep?</b>   	<b>Exercise (minutes):</b> <div style="border: 1px solid black; height: 30px; width: 100%;"></div>
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**Day 5: August 5, 2016**

<b>Breakfast:</b>	<b>Lunch:</b>	<b>Dinner:</b>	<b>Snacks:</b>
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<b>Water (Cups):</b> Color in water drop for ever cup that you drink 	<b>How did you sleep?</b>   	<b>Exercise (minutes):</b> <div style="border: 1px solid black; height: 30px; width: 100%;"></div>
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**Review**

<b>Did you drink at least 8 glasses of water every day?</b>	<b>Did you Exercise at least 60 minutes every day?</b>	<b>Did you eat healthy snacks?</b>	<b>Could you have done something better? If so what?</b>
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**4<sup>th</sup> Marking Period Journal – DUE APRIL 19<sup>th</sup>**





**Day 1:**

<b>Breakfast:</b>	<b>Lunch:</b>	<b>Dinner:</b>	<b>Snacks:</b>
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<b>Water (Cups):</b> Color in water drop for ever cup that you drink 	<b>How did you sleep?</b>   	<b>Exercise (minutes):</b> <div style="border: 1px solid black; height: 30px; width: 100%;"></div>
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**Day 2:**

<b>Breakfast:</b>	<b>Lunch:</b>	<b>Dinner:</b>	<b>Snacks:</b>
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<b>Water (Cups):</b> Color in water drop for ever cup that you drink 	<b>How did you sleep?</b>   	<b>Exercise (minutes):</b> <div style="border: 1px solid black; height: 30px; width: 100%;"></div>
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**Day 3:**

<b>Breakfast:</b>	<b>Lunch:</b>	<b>Dinner:</b>	<b>Snacks:</b>
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<b>Water (Cups):</b> Color in water drop for ever cup that you drink 	<b>How did you sleep?</b>   	<b>Exercise (minutes):</b> <div style="border: 1px solid black; height: 30px; width: 100%;"></div>
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**Day 4:**

<b>Breakfast:</b>	<b>Lunch:</b>	<b>Dinner:</b>	<b>Snacks:</b>
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<b>Water (Cups):</b> Color in water drop for ever cup that you drink 	<b>How did you sleep?</b>   	<b>Exercise (minutes):</b> <div style="border: 1px solid black; height: 30px; width: 100%;"></div>
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**Day 5: August 5, 2016**

<b>Breakfast:</b>	<b>Lunch:</b>	<b>Dinner:</b>	<b>Snacks:</b>
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<b>Water (Cups):</b> Color in water drop for ever cup that you drink 	<b>How did you sleep?</b>   	<b>Exercise (minutes):</b> <div style="border: 1px solid black; height: 30px; width: 100%;"></div>
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**Review**

<b>Did you drink at least 8 glasses of water every day?</b>	<b>Did you Exercise at least 60 minutes every day?</b>	<b>Did you eat healthy snacks?</b>	<b>Could you have done something better? If so what?</b>
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