

## AMI-JH PE Activity Log

Name \_\_\_\_\_

Sport - Skills \_\_\_\_\_

**Directions:** Complete 2 activities per day related to the skills we have learned this year in class. You only need to fill out one day for each AMI day assigned. (Ex. AMI-Day #1) Choose an activity from any skills we have learned in class, list how long you participated, the intensity, and your reflection of the activity. Be creative in what you use to perform the activity with limited equipment to use at home.

Date	Describe Activity	Duration (time)	Intensity (Mild, Moderate, Vigorous)	Personal Reflection (what did you think about it)
AMI-Day 1				
AMI-Day 2				
AMI-Day 3		8 (or more) minutes total		
AMI-Day 4		8 (or more) minutes total		