

Physical Education Log Sheet

Student: Alex J. Age group: U16 State: New York Period: September 2025 (Quarter 1)

Sample document. Alex J. is a fictional student and every figure here is illustrative. The layout, the sections and the wording are exactly what a family in New York receives; only the student is invented.

Chronological Activity Log

Contemporaneous record of all physical education activities

Date	Time	Duration	Category	Topic / Drill	Notes
2025-09-08	16:00–16:55	55 min	Curriculum lesson	Systems of Play — 4-3-3 System	
2025-09-09	16:30–17:10	40 min	Training session	Interval running — 8 × 400 m	
2025-09-10	16:00–16:55	55 min	Curriculum lesson	Systems of Play — 4-3-3 System	
2025-09-12	15:30–16:25	55 min	Skill drill	Warm-Up Jog & Stretch	
2025-09-13	10:00–10:35	35 min	Season match	Season match, week 1	
2025-09-15	16:00–16:55	55 min	Curriculum lesson	Systems of Play — 4-4-2 System	
2025-09-16	16:30–17:10	40 min	Training session	Home Combine practice: shuttle run	
2025-09-17	16:00–16:55	55 min	Curriculum lesson	Systems of Play — 4-4-2 System	
2025-09-19	15:30–16:25	55 min	Skill drill	Toe Taps & Sole Rolls	
2025-09-20	10:00–10:35	35 min	Season match	Season match, week 2	
2025-09-22	16:00–16:55	55 min	Curriculum lesson	Systems of Play — 3-5-2 / 3-4-3 System	
2025-09-23	16:30–17:10	40 min	Training session	Strength circuit — bodyweight	
2025-09-24	16:00–16:55	55 min	Curriculum lesson	Systems of Play — 3-5-2 / 3-4-3 System	
2025-09-26	15:30–16:25	55 min	Skill drill	Wall Passing (Solo) / Partner Passing	
2025-09-27	10:00–10:35	35 min	Season match	Season match, week 3	
2025-09-29	16:00–16:55	55 min	Curriculum lesson	Systems of Play — In-Game Formation Changes	
2025-09-30	16:30–17:10	40 min	Training session	Tempo run and mobility	

Total Instructional Time: 815 minutes (13.6 hours)

Sessions this month	17
Year to date	13.6 hours
Credit to date	0.13 — Credits = 13.6h ÷ 108h/credit = 0.126

Parent / Guardian Certification

I certify that the information contained in this portfolio accurately represents the physical education instruction provided to **Alex J.** during the **2025-2026** academic year.

Parent / Guardian Signature

Date