

Homeschool PE Hours Log

Martial arts attendance record — keep it for your file

Use this sheet to track the physical-education hours your child earns in martial arts class. Print it, keep it in your homeschool binder, and fill in a row after each session. At the end of the term you will have a clean, dated record of hours to file however your state asks.

What counts: Homeschool PE is any regular, intentional physical activity that builds fitness, coordination, and motor skills — a structured martial arts class qualifies in most states. Requirements vary by state, so confirm your state's current rules for hours and recordkeeping.

How to use this log

- **Fill in one row per class.** Note the date, what was covered, and how long the session ran.
- **Track minutes, then carry the running total in hours.** Sixty minutes on the mat is one PE hour.
- **Keep the skills column specific.** "Falling safely, front kick, partner drills" reads as real instruction if anyone ever asks.
- **File it at term's end.** Most states want either logged hours or a general activity record — this covers both.

Weekly log

Date	Class or activity	Duration (min)	Skills or focus practiced	Running total (hrs)

[illegible]

Date	Class or activity	Duration (min)	Skills or focus practiced	Running total (hrs)

Term summary

Term or school year	Total sessions	Total hours	PE requirement met?

What counts as homeschool PE?

In most states, a structured martial arts class satisfies the physical-education requirement, because it is regular, intentional activity that builds fitness, coordination, and motor skills. Some states ask for a set number of PE credit hours, some only ask you to log activity, and high-school credit sometimes pairs the movement with a health component (nutrition, first aid, anatomy).

Because the rules differ from state to state and change over time, this sheet is a general recordkeeping aid, not legal or compliance advice. Confirm your own state's current homeschool PE requirements before you file.

Tip for gym owners: if your martial arts school runs on Gymdesk, this attendance record generates automatically — parents can pull their child's dated class history for their file without you tracking it by hand. Learn more at gymdesk.com.