

# PE Make-Up Assignment



This form is to be used if the student is gone from class for “excused” reasons, such as appointments, athletics or illness.

Name: \_\_\_\_\_ PE Teacher: \_\_\_\_\_

Period: \_\_\_\_\_ Date of Absence(s): \_\_\_\_\_

Due Date: \_\_\_\_\_

Do at least 45 minutes of physical activity. Include a warm-up, stretches, strengthening activity, thirty minutes of aerobic activity and a cool down.

Listed below are some examples of different types of exercises and activities.

- Warm-up: light jogging, jumping jacks
- Stretches: calf-stretch, quad stretch, butterfly, arm stretches
- Strengthening: push-ups, sit-ups, weight lifting
- Aerobic: jogging, riding a bike, swimming, basketball, soccer, jump-rope
- Cool-Down: walking, stretching

Activity	What did you do?	Time of Day	Length of time
Warm-up			
Stretches			
Strengthening			
Aerobic			
Cool-down			

Verify your activity

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

