

## Physical Education Make-Up Sheet

Name:

Date:

Period:

Teacher:

Students are required to complete 60 minutes of continuous fitness activity to make-up for each class missed. Students are to provide the activity they did, the length of time, and the fitness component (Cardiovascular Endurance, Muscular Strength, Muscular Endurance, and Flexibility) in which the activity represents. Students must provide a summary of how the activity coincides with the fitness component chosen. An instructor or parent must sign this sheet. Make-up sheet is due two weeks from date that class was missed.

Activity:

Length of Time:

Fitness Component:

Summary:

Instructor/Parent Signature: \_\_\_\_\_

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