

Physical Education Make-up

Name _____ Period _____

*This is for students who have an excused absence and need to make-up the participation points they missed by being absent from PE Class. Each one of these forms is worth 5 points! You do one page per day you are absent.

Step 1: Exercise for **30** minutes on your own. Here is some examples of what you can do!

- Go for a walk
- Jump rope
- Skate board
- Ride your bike
- Play Basketball (or any sport)
- Go to the gym
- Attend morning open gym
- After school sports practice or game
- Basically ANY exercise you do!
- Other ideas on the back of this page you can do from home!

Step 2: Have a parent, guardian, or Shaw staff member sign below stating that you **completed** the exercise.

(parent/guardian/staff signature)

(date)

Parent/guardian/staff printed Name _____

Step 3: Answer the four questions below:

1. What exercise did you do? Be very specific Please!
2. Where did you do the exercises?
3. What one of the 4 components of fitness did you do (cardio-respiratory endurance, muscular endurance, muscular strength, flexibility)? It is very possible to work multiple components in one activity. Describe WHY you chose that component, please write at least 3 sentences for this answer.
4. How did you feel during and after the exercise? Be specific please.
5. What are the benefits to doing the exercising you just did? Please list at least 2 benefits to your health.