

## PHYSICAL EDUCATION MAKE-UP WORK

NAME \_\_\_\_\_ TEACHER \_\_\_\_\_ PERIOD \_\_\_\_\_

DATE(S) OF ABSENCE \_\_\_\_\_

YOU MUST DO 30 MINUTES OF PHYSICAL ACTIVITY FOR EVERY DAY YOU ARE ABSENT. YOU HAVE 3 DAYS FROM THE ABSENCE TO TURN IN FOR CREDIT.

1. DESCRIBE THE ACTIVITY IN DETAIL.
  
  
  
  
  
  
  
  
  
  
2. HOW LONG DID YOU DO EACH ACTIVITY OR EXERCISE?
  
  
  
  
  
  
  
  
  
  
3. EXPLAIN WHAT BENEFITS YOU FELT YOU RECEIVED FROM THIS ACTIVITY.

PARENT SIGNATURE \_\_\_\_\_

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