

Mt. Eden High School



P.E Make-up #15

Name: _____
Period: _____ Roll # _____
Teacher: _____

ACROSTIC POEM

H Healthy hearts will last a lot longer
E Exercise can you heart stronger
A Avoiding fats will help your heart, too
R Running and jumping are useful to do
T These things will take care of your heart

The subject of the acrostic poem above is on how to keep the heart healthy. Using the letters H-E-A-R-T, written below, create your own acrostic poem on how to keep your heart healthy

H
E
A
R
T

Aerobic Activity: Do 3 days of 20 minutes of aerobic activity

	<u>DATE</u>	<u>ACTIVITY</u>	<u>TIME</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____

Strength Activity: For strength development do **4 separate days** of the following
2 sets of 10 push-ups & 2 sets of 20 sit-ups

Circle the 4 days you completed push-ups and sit-ups

Fri. Sat. Sun. Mon. Tues. Wed. Thurs.

PARENT SIGNATURE: _____ DATE: _____