Activity Day Make-Up Assignment

Student Name: _____

Day(s) absent from class: _____

1. To improve your cardiovascular fitness, select and participate in one of the following aerobic activities for at least 20 minutes (without stopping). (Please check the activity in which you participated.)

☐ Walking	☐ Treadmill
☐ Jogging	☐ Nordic skier
☐ Bicycling	☐ Stair master
☐ Jumping rope	☐ Stationary bicycle
☐ Aerobic class/tape	☐ Rowing machine

2. To improve your muscular strength, select one of the upper body muscular strength activities and repeat the exercise 15 times. (Please check the activity in which you participated.)
   - ☐ Level I Push-up (wall push-off)
   - ☐ Level II Push-up (bent knee push-up)
   - ☐ Level III Push-up (Military push-up)

3. To improve your muscular strength, select one of the following abdominal strength activities and repeat the exercise 15 times. (Please circle the activity in which you participated.)
   - ☐ Level I Curl-up (crunch, arms by side)
   - ☐ Level II Curl-up (crunch, arms across chest)
   - ☐ Level III curl-up (crunch, added weight)

4. To improve your flexibility, hold the stretches pictured on the next page for 15 seconds each (counting one-thousand-one, one-thousand-two, etc.) You must do all five!!

I certify that I participated in these activities on (day and time) _____
to make up for my absence(s).

Student Signature _____

Congratulations!! You have just taken another step toward having a healthier lifestyle!!!

My son/daughter participated in the preceding activities to make up for the day(s) he/she was absent from class, as previously indicated.

Parent/Guardian Signature _____

Date _____

Stretches triceps, top of shoulders, waist

1. Keep knees slightly flexed>
2. Stand or sit with arms overhead
3. Hold elbow with hand of opposite arm
4. Pull elbow behind head gently as you slowly lean to side until mild stretch is felt
5. Hold 10 to 15 sec
6. Repeat on other side

Stretches calf

1. Stand a little way from wall and lean on it with forearms, head resting on hands
2. Place right foot in front of you, leg bent, left leg straight behind you
3. Slowly move hips forward until you feel stretch in calf of left leg
4. Keep left heel flat and toes pointed straight ahead
5. Hold easy stretch 10 to 20 seconds
6. Do not bounce
7. Repeat on other side
8. Do not hold breath

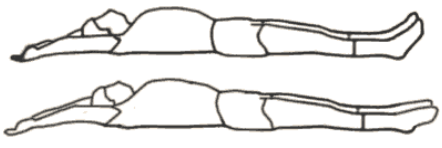
Stretches front on thigh (quadriceps)

1. Stand a little a way from wall and place left hand on wall for support
2. Standing straight, grasp top of left foot with right hand
3. Pull heel toward buttock
4. hold 10 to 20 sec
5. Repeat on other side

Stretches lower back, side of hip, and neck

1. Sit on floor with left leg straight out in front
2. Bend right leg, cross right foot over, place outside left knee
3. Bend left elbow and rest it outside right knee
4. Place right hand behind hips on floor
5. Turn head over right shoulder, rotate upper body right
6. Hold 10 to 15 seconds
7. Repeat on other side
8. Breathe in slowly

Stretches shoulders, arms, hands, feet and ankles



1. Lie on floor, extend arms overhead, keep legs straight
2. Reach arms and legs in opposite directions
3. Stretch 5 sec, relax