Name:_____ Class period:_____

Date(s) you missed class:_____

**PE Make-Up Assignment**

**(Noble and Barbey)**

***Choose ONE of the following prompts for every day that you are absent. Your choice, either complete a 5-7 sentence paragraph about the health, fitness, nutrition related questions or complete one of the exercises listed below. Staple this absence form to your response/exercise and turn it in to your teacher. REMEMBER to get your parents to sign off on your make-up work.**

**Questions: Circle which question or questions you answered**

1. How can you encourage others to exercise? What benefits will you share with them?
2. How can you and your parents exercise together? Provide 3 activities.
3. What are your biggest 3 reasons why exercise so important, and why?
4. Do you like exercising indoors or outdoors better and reasons why?
5. Devise a fun game that involves running, jumping, skipping, and hopping.

**OR**

**Activity: Circle which activities you completed**

6. Jogging continuously for 15 min. number of times completed _____
7. Continuous cycling for 45 min. number of times completed _____
8. Yard work for 30 min. number of days completed _____
9. Vacuuming for 30 min. (approx. 3 rooms) number of days completed _____
10. Practice with an organized group* number of days completed _____

*This can be a sports team (school or rec.), cheerleading, dance, karate, judo, aerobic, swim class, or any other physical activity that is at least 30 minutes long.

**TOTAL (must equal # of days absent) _____**

A parent MUST sign off that you completed the make-up work.

Parent Signature_____