



Pomolita Middle School

Physical Education Make-up Assignment – Daily Absences

Name: _____ PE Period _____

- Students who are absent or unable to participate in Physical Education should make up each day, unless special arrangements are made with the teacher.
- For each day of Physical Education to be made up, you are required to perform an aerobic activity for a minimum of 30 minutes. An aerobic activity targets your cardiovascular fitness.
- In order to obtain credit, fill out this form completely and obtain verification of activity from you parent/guardian or coach. Students must also make up other assignments, tests/assessments or activities missed during absence.

Activity Options:

A moderate to vigorous activity in which you get you heart rate in your target heart rate zone (130 – 170 beats per minute).

Examples: Fitness (brisk) walking, jogging, bicycling, roller blading, lap swimming, rope jumping, hiking, skateboarding, aerobic dance, Zumba, Cross Fit, treadmill, or exercise video.

Date of absence: _____

Activity: _____ **Date activity was done:** _____

Time Spent in the activity: _____ (minimum of 30 minutes)

♥ Heart Rate before exercise (beats per minute): _____ ♥

1. (Activity Description) Write a paragraph that describes what you did, how you did it and who you did it with.

2. Why did you choose this activity?

3. What health benefits do you think you gained from participating in this activity?

♥ Heart Rate immediately following exercise (beats per minute): _____ ♥

Student Signature _____

Parent/Guardian/Coach Instructor Signature _____ **Ph#** _____

**** By signing the above you verify that your student participated in all activities described above****

Form must be completed correctly in order to receive full credit!

Following an absence student has 5 days to complete the make-up work.

