

Physical Education Make-Up Log

Name _____
Teacher _____ Parent Signature _____
Hour _____
Date Absent _____

Complete an aerobic activity for 30 minutes and fill out this sheet to make-up one absence. Don't forget to warm-up before your activity and cool down when you are finished.

Here is a list of some aerobic activities you may do outside of class for credit.

Jogging	Walking briskly	Jumping Rope	Cycling	Swimming
Skiing	Aerobics	Dancing	Soccer	Calisthenics
Wrestling	Basketball	Racquetball	Skating	Tennis

Any activity that raises the heart beat for 30 minutes can be used for your fitness activity. If you are an athlete, you can use an aerobic practice as your activity.

Date of Activity **Activity**

Excused absences must be made up. Two weeks are given to make up daily points. It is the student's responsibility to get the make up assignment from their roll call teacher.

