

### PE ACTIVITY MAKE-UP CARD

Student Name \_\_\_\_\_ Grade \_\_\_\_\_ Date of Absence \_\_\_\_\_ PE Teacher \_\_\_\_\_

Complete the following activities outside of school. Each make up card replaces one absence. Card must be signed by a parent, guardian, or athletic coach. Student has one week from the day he/she returns to school to complete the make up card and return it to his/her PE teacher.

<b>20 minutes of <u>one</u> of the following activities. Check one:</b>  Running _____ Walking _____ Bike ride _____ Rollerblade _____ Dance _____ Aerobics _____ Athletic team practice _____ (Sport- _____)	<b>Complete <u>all</u> of the following activities. Check when completed.</b>  Stretching (10 minutes) _____  Crunches/Sit-Ups(2 sets of 20) _____  Push-Ups(2 sets of 10) _____
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Parent/Guardian/Coach Signature \_\_\_\_\_ Date completed \_\_\_\_\_

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