



Activity Log

Physical Education Make Up Sheet

Date of Absence: _____ Date Returned: _____

Name (printed) _____ in PE Section _____

I have _____ absences from PE. To obtain credit for the missed physical education/fitness time, I must perform **one half hour** of a physical activity of my choice for **each** class missed.

This activity time must **accelerate my heart rate** with very little rest time between activity and may **not** be video game related (i.e. Wii).

I have **one week** upon my return to school to turn this form into my class folder in the gym.

Examples:

1. Walking, Jogging or Running (Street or Treadmill)
2. Hiking
3. Sporting team game or practice
4. Jump Rope
5. Swimming
6. Bicycling
7. Aerobic Class (Video acceptable)
8. Mowing the Lawn
9. Other fitness related activity _____

Please remember that any chosen activity is in addition to their daily routine.

Please fill out the bottom of this page when the activity is complete.

Activity Performed:

- Activity 1 _____
Activity 2 _____
Activity 3 _____
Activity 4 _____
Activity 5 _____
Activity 6 _____
Activity 7 _____
Activity 8 _____

Parent Signature _____