



# Activity Log

## Physical Education Make Up Sheet

Date: \_\_\_\_\_

Dear Parent/Guardian of \_\_\_\_\_

Your son/daughter has \_\_\_\_\_ absences from PE. To obtain credit for the missed physical education/fitness time, he/she may perform one half hour of a physical activity of their choice for each class missed.

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

### 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 \_\_\_\_\_  
Activity 9 \_\_\_\_\_  
Activity 10 \_\_\_\_\_

**Parent Signature** \_\_\_\_\_