

Physical Education Make-Up Sheet

Directions: After you engage in a **45 minute minimum** aerobic activity fill out this sheet. Be sure **you answer each question in complete sentences**. Remember to get a signature.

Name _____

Date of absence _____

What did you do?

Where did you do this?

Who with?

How long?

What physical benefits did you gain from this activity? (Circle at least one and explain)

Cardiovascular

Muscular Strength

Muscular Endurance

Flexibility

Skill Improvement

What preparations and/or precautions did you take for your activity? (i.e.clothes, safety)

Parent or Coach Signature _____

Phone # _____