



Activity Log

Physical Education Make Up Sheet

Date of Absence: _____ Date Returned: _____

Parent/Guardian of (printed name) _____ in PE Section _____

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 students 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 _____