



# 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** \_\_\_\_\_