

# PHYSICAL EDUCATION MAKE UP ASSIGNMENT

NAME \_\_\_\_\_ CLASS \_\_\_\_\_

TEACHER \_\_\_\_\_ HOUR \_\_\_\_\_ DATE COMPLETED \_\_\_\_\_

Your assignment is to complete an aerobic workout much like you would have done in class. If you were absent on a classroom day or a pool day you will have other make up work. Your workout should include a two minute warm up, at least four stretching exercises, a 20 - 40 minute exercise period and a cool down. (Remember to get full aerobic benefit, a workout should last 20 - 40 minutes.) You will need a watch or a clock with a second hand. You may use a variety of exercises to complete this assignment--cycling, jogging, swimming, dancing, aerobic walking, in-line skating, basketball, ect. The choice is yours. If you are currently on a team, you may use your practice time for this assignment only if it meets the requirements of our workout and your coach will sign as your witness. Do a good workout, fill in this form completely and neatly and you will receive the points to replace a missing PE day.

What did you do for a warm up? \_\_\_\_\_

\_\_\_\_\_

Describe the stretching exercises that you used.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5(optional) \_\_\_\_\_

What did you do for the exercise period of the workout? Be specific. What exercise, sport, aerobics tape, ect.

\_\_\_\_\_

How long did the exercise period last? \_\_\_\_\_

Describe how you felt during the workout. \_\_\_\_\_

\_\_\_\_\_

What time of day did you workout? \_\_\_\_\_

What percent of your maximum effort do you estimate you expended during the workout? \_\_\_\_\_

I performed this workout exactly as I have described.

\_\_\_\_\_

signed

date

Please have an adult sign as your witness \_\_\_\_\_