

Name:	 	 	
Period:			

SANTA ROSA HIGH SCHOOL PHYSICAL EDUCATION MAKE-UP FORM

In order to make up the daily points for any **EXCUSED ABSENCES*** in your Physical Education class, you must completely fill out the form below.

National fitness standards recommend moderate to vigorous exercise daily. Therefore, to make up one complete day of P.E., you will be asked to engage in 60 MINUTES of continuous, moderate to vigorous exercise. Lastly, you must have your parent/guardian sign this form, verifying your participation in the Physical Education make-up assignment. All criteria listed below must be met (for each day) in order to receive points.

Note: You have one week (from the date of return to school) to complete and return this form to your Physical Education Teacher.

Late or incomplete make-up forms will not be accepted.

CLASS DATE(S) MISSED:

In the space provided, complete a write—up responding to the following questions: continue on back if more space is needed.

1. What type of workout did you do? Write a detailed description of what you did for your workout.

2. How did you feel afterwards, compared to before exercising?

3. Is this form of exercise an activity you can imagine yourself doing regularly? If not, what types of exercise do you enjoy?

4. **Record your heart rate befo	re, during and after exercise. Before	During	After	
		4		
PARENT/GUARDIAN SIGNATURE:		DATE	:	

^{*} This assignment will only make up participation points, you will be required to make up any runs when you return to physical education

^{**} Go to http://www.wikihow.com/Check-Your-Pulse for more info. on heart rate. Students must be exercising at target heart rate in order to receive points.