



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 complete all steps of the assignment 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 assignment to your Physical Education Teacher.**

**Late or incomplete make-up work 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 and how long you did this. **(you must be working at a moderate to vigorous exercise level that elevates your heartrate to your target heartrate zone for 60 minutes)**
2. **\*\*What is your resting heart rate? Target heart rate? Maximum heart rate? (Show your work for how you got these results)**
3. **\*\*Record your heart rate before, during and after exercise for each day of exercise. Before \_\_\_\_\_ During \_\_\_\_\_ After \_\_\_\_\_**

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PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_ DATE : \_\_\_\_\_

\* This assignment will only make up participation points, you will be required to make up any missed mile runs when you return to Physical Education class.

\*\* Go to <http://www.wikihow.com/Check-Your-Pulse> for help with #4. **Students must be exercising at target heart rate in order to receive points.**

\*\*Go to <https://www.verywellfit.com/how-to-calculate-your-target-heart-rate-zone-2911283> for help with #3.