

# PHYSICAL EDUCATION MAKE-UP WORKSHEET

(each option can be used to make-up: Absences)

Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

(full signature, no initials)

P.E. Period: \_\_\_\_\_

P.E. Teacher: \_\_\_\_\_

• **Option #1** \_\_\_\_\_

10 minutes of stretching and strengthening  
30 minutes or more of non-stop brisk walking  
5 minutes of stretching

• **Option #2** \_\_\_\_\_

10 minutes of stretching and strengthening  
30 minutes (or more) of Active Activity of your choice:  
Example – Basketball, Dancing, Bike Riding, Skateboarding, etc.  
List the activity: \_\_\_\_\_  
5 minutes of stretching

• **Option #3** \_\_\_\_\_

10 minutes of stretching and strengthening  
1 mile timed run:  
Must be timed by an adult. Time ran: \_\_\_\_\_  
5 minutes of stretching

• **Option #4** \_\_\_\_\_

Choose an article from a newspaper, magazine, or website that is fitness or health related.

Write a one-page summary using your own words.

*Include:* heading, title, why you chose this article, what you learned from this article, and what your opinion is of the article.

Attach the article to your paper

• **Option #5** \_\_\_\_\_

Write a one-page paper on an athlete you admire or are interested in learning about.

*Include:* heading, title, why you chose this person, what you learned about them, and your opinion on them.