

## Fairfield Middle School Physical Education Make-up

Students may choose to make up missed class time outside of the school day by completing the following activity sheet. The student needs to complete and fill out the activity sheet and have a parent/ guardian sign off that the sheet was completed by the student. Return the completed and signed sheet to Mr. Haines as soon as possible to receive full credit for the class that was missed.

Warm up:( Minimum of five minutes- could be any type of light cardio activity such as jogging. List the warm up activity in the space provided.)

Stretching: ( List a minimum of five stretches that you completed. Hold each stretch for a twenty count.)

Activity:( List the cardio activity or activities that you participated in. Also list the time spent on each activity. The activity period must last for a minimum of twenty minutes. Examples of activity could be jumping rope, power walking, jogging, bicycling, etc...)

Stretching Cool Down: ( List a minimum of five stretches that you completed. Hold each stretch for a twenty count.)

Student name: \_\_\_\_\_ Date: \_\_\_\_\_ Make-up date: \_\_\_\_\_

Parent/guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Teacher Name and Grade: \_\_\_\_\_

P.E. Day: \_\_\_\_\_

