

# PHYSICAL EDUCATION CLASSES MAKE-UP FORM

**\*ALL ABSENCES MUST BE MADE UP TO RECEIVE DAILY POINTS FOR THAT DAY.\***

**\*\*EVEN EXCUSED ABSENCES MUST BE MADE UP TO RECEIVE DAILY POINTS\*\*  
(ALL MAKE-UP WORK IS DUE BEFORE THE END OF THAT QUARTER. IF THE ABSENCE OCCURRED  
IN QUARTER 1, IT MUST BE MADE UP BEFORE QUARTER 2 BEGINS.)**

**To receive full credit for this absence and earn your 5 daily points you must:**

1. Participate in a minimum of thirty minutes of an activity that will improve your overall fitness. This must be done before or after school. **Only Thursday make-ups have to be made up at school. Any other day may be made up outside of school.**

**NOTE:** High school athletic practice/ games as well as Club sports DO NOT count as a make-up.

2. Type a one-page paper, size 12 font, double-spaced with one-inch margins. Please use full sentences to answer the following questions.

**This paper must include the following to receive full credit:**

- a. What activity/ activities did you participate in, and for how many minutes?  
\* Every 30 minutes of an activity makes up for 1 absent day.  
\* Example.- Walking around a lake for 70 minutes makes up for 2 absent days (10 points)
- b. On a scale of **1- 5**, how much did you enjoy doing this activity.  
  
**1: I did not enjoy this activity at all. I will never participate in it again.**  
**2: I thought the activity was ok. I may try to participate in it again.**  
**3: I thought the activity was good. I will participate in it again.**  
**4: I thought the activity was enjoyable & fun. I will definitely participate in it again.**  
**5: I thought the activity was excellent! I will participate in it again regularly.**
- c. Why did you give it the number you did? Be detailed. Were you outside, in a gym etc.? Were you with a friend, solo? Did you listen to music, video, etc.? What equipment did you use?
- d. On a scale of **1- 5**, how challenging was the activity?  
  
**1: Very Light 50%-60% of Max HR: activity was easy for me to complete.**  
**2: Light Activity 60%-70% of Max HR: activity took some effort, and started to get intense.**  
**3: Challenging Activity 70%-80% of Max HR: activity was tough, but sustainable for 20-30 mins**  
**4: Very Hard Activity 80%-90% of Max HR: activity was very hard, sustainable for less than 10 mins**  
**5: Max-Effort Activity 90%-100% of Max HR: activity was an all-out effort, sustainable for 30-60 secs**
- e. Why did you give it the number you did? Be detailed. Why was it easy or difficult? How was your effort during the activity? What was the most challenging or easiest part of the activity?
- f. List the five components of fitness and reflect on which component or components you improved by participating in this activity. You may have improved more than one component.

**\*\*The 5 Components of Health Related Fitness are: Muscular Strength, Muscular Endurance, Cardiovascular Strength, Flexibility and Body Composition\*\***

If you use Google Docs, share the doc with me via:

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