

## P.E. NON-PARTICIPATION MAKE-UP WORK

Student Name: \_\_\_\_\_ Period: \_\_\_\_\_

### **Standard: Students will understand the importance of fitness for a healthy life.**

You have until the end of quarter to make-up your absence. Make up **one hour** per day missed of physical activity for being absent or unable to participate in P.E. (excluding nonsuits). Return this form to your teacher. By completing this work, your participation grade will be maintained.

The activity should raise your heart rate between 124-167 beats per minute for 60 minutes to help improve physical conditioning.

Examples of acceptable activities are bike riding, running, walking, skiing, golfing, aerobics, basketball, volleyball, tennis, hiking, swimming, softball, badminton, bowling, horseback riding, chopping wood, skating, football, soccer, and gymnastics.

If you or your parents have any questions, please contact Mr. Harteau, Mr. Herren, Mr. Prather or Mrs. Rempfer at 253- 931-4843.

What activity for one hour? \_\_\_\_\_ . Date completed \_\_\_\_\_

Parent signature \_\_\_\_\_

Circle which class you are in:      **Rempfer**      **Harteau**      **Herren**      **Prather**