



Irondale Physical Education

Make-up Form



Name _____ Date Missed _____

Today's Date _____ Teacher _____ Class/Hour _____

Directions: To earn up to 100% of daily points for being absent, you need to **choose one** of the following: Cardiovascular, Weight lifting, Athletic Contest/Practice. This **MUST** be filled out completely AND signed to receive credit. **Also**, find an article (newspaper, internet, magazine, etc.) on the activity in which you missed and write a half page summary. Attach your article with the summary.

Option #1- Cardiovascular Make up :

Choose any Cardio activity. Perform that activity for 30 min. Answer the following questions:

Name of activity _____

Record your heart rate once every 10 minutes during your 30 min workout:

1 _____ 2 _____ 3 _____

Were you in your Target Heart Rate Zone for at least 20 min? _____

What is your Target HR Zone? _____

Describe in detail what you did during your 30 min. Cardio workout: _____

What are some benefits of Cardiovascular activity? _____

Staff or Parent/Guardian Verification Signature _____

Students Signature _____

Option #2- Weight Lifting Make up:

Where did you lift weights? _____

Write down each lift, how many reps, and the amount of weight. Also explain what muscle group was being used on each lift.

Exercise / Muscle Group	Wt.Reps	Exercise / Muscle Group	Wt. Reps
	/		/
	/		/
	/		/
	/		/
	/		/
	/		/
	/		/
	/		/

Staff or Parent/Guardian Verification Signature _____

Students Signature _____

(over)

Option #3- Athletic Contest/Practice:

After your game and/or practice, answer the following questions:

What sport are you in? _____

During your game/practice, what area of fitness did you use the most? _____

How long were you physically active during your Athletic Contest/Practice? _____

Describe three things that you need to work on in order to improve in your sport. And why?

Staff or Parent/Guardian Verification Signature _____

Students Signature _____

Option #4- Attend an Athletic Contest :

Write a 1 page paper, describing the contest.

Include offensive and defensive strategies

List any outstanding players of the contest and why?

Describe an example of good sportsmanship you witnessed.

Describe any unsportsmanlike conduct that occurred.

Article on Activity you missed while you were absent :

Find an article (newspaper, internet, magazine, etc.) on the activity you missed and write a half page summary. Attach your article with the summary below.