

Andover Physical Education Make-up

Name _____ **Hour** 1 2 3 4 5 **Date** _____

Must complete ENTIRE make-up sheet to meet all standards for missed day.

Directions:

1. You need to complete a minimum of 30 minutes of a physical activity of your choice.
2. Fill out the questions below.
3. Choose an article related to the activity that you missed in class the day you were absent.

Activity of your choice (Meets Standards 1, 2, 4, 5)

Standard 5: What activity did you choose (Cardio, Strength training, practice/game)?

Standard 2: Describe in **DETAIL** what you did during your 30 min activity:

Standard 1: What motor skills and movement patterns were involved?

Standard 4: What safety precautions or rules were involved in your activity of choice?

Choose an Article on the Activity you missed when you were absent (Meets Standard 3)

Find an article (newspaper, internet, magazine etc.) on the activity in which you missed and **write a paragraph (4-5 sentence) summary of that article on the back of this page**. Attach your article or write down the website.

Coach or Parent / Guardian Verification Signature _____.