

# Anoka-Hennepin School District

## Middle School Physical Education Make-Up Sheet

Name: \_\_\_\_\_

Day: \_\_\_\_\_ Period: \_\_\_\_\_ Teacher: \_\_\_\_\_

Date(s) of absence: \_\_\_\_\_

Physical Education class across the district requires all students to make up each missed class period. It is your choice as to what activities you complete. You must have the signature of an adult to verify that you have completed the activities for the allotted amount of time. Several absences may be recorded on one make up sheet, however sheets **will not be accepted after 4 weeks** of the original absence.

### Time Required: 30 Minutes of Activity = 1 Absence

Activities:

|                           |                                  |                               |
|---------------------------|----------------------------------|-------------------------------|
| Aerobics                  | Lacrosse                         | Swimming Laps                 |
| Badminton                 | Racquetball                      | Tennis                        |
| Basketball                | Skating (ice, inline, roller)    | Volleyball                    |
| Bicycling                 | Skiing (downhill, cross-country) | Walking Briskly               |
| Dance (tap, ballet, jazz) | Sledding                         | Wrestling                     |
| Football                  | Snowboarding                     | Yard Work                     |
| Hockey                    | Snowshoeing                      | Other (check with instructor) |
| Jogging                   | Soccer                           |                               |
| Jump Rope                 | Strength Training                |                               |

One way of monitoring the intensity of an activity is to monitor your heart rate. To do this, you can look at your heart rate during physical activity as it relates to your maximum heart rate, which you can find by taking 220 minus your age. A good target heart rate for exercise is 60-90% of your maximum heart rate, or about 120-180 beats a minute. To find your heart rate following the activity, measure your pulse for six seconds and multiply by ten.

| Date | Activity | # Of Minutes | Heart Rate |
|------|----------|--------------|------------|
|      |          |              |            |
|      |          |              |            |
|      |          |              |            |
|      |          |              |            |
|      |          |              |            |
|      |          |              |            |

Total Activity Minutes: \_\_\_\_\_

**Please answer the following questions about the activities you chose to perform.**

1. Why did you choose these activities?

2. What was your favorite aspect of each activity you chose?

3. Explain one physical benefit of the activity you chose?

**Adult Signature:** \_\_\_\_\_

**Student Signature:** \_\_\_\_\_

**Student Name Printed:** \_\_\_\_\_