

Name: _____

Per. _____ Date: _____

What date(s) were you absent: _____

PE Make-up Assignment

Each day of PE is worth 10 points. If a student is absent, for any reason, they need to complete this assignment to get credit for that day.

You may choose one of the following 3 items. Each one is worth 1 day of absence.

- 1- Complete 30 minutes of exercise and answer the questions below.
- 2- Watch a sporting event and answer the questions below.
- 3- If you are gone for an extended amount of time for a sporting activity (travel competition) or family vacation you may explain that and answer the questions on this sheet.

Explain, in detail, what you did to make up your absence in PE.		2
When and where did your workout (or sporting event) take place?		1
Did your workout (or sporting event) include any of the health related components of fitness? (see back) If so, explain which ones.		3
Did your workout (or sporting event) include any of the skill related components of fitness? (see back) If so, explain which ones.		3
Did you enjoy this activity? Explain.		1

10 points possible _____

Parent Signature

*Your signature verifies that your student participated in the activities described above.

COMPONENTS OF FITNESS

SKILL RELATED COMPONENTS

Agility – Agility is the ability to change direction quickly and accurately, combining speed, balance, power and coordination.

Balance- Balance is the ability to maintain center of mass (gravity) above the base of support while stationary (static) or moving (dynamic).

Power – Power is the combination of strength and speed of movement. To generate power you need good balance and coordination.

Reaction Time- Reaction time is the time taken to react to a stimulus.

Speed- Speed is the ability to move your body or part of your body quickly.

Coordination- Coordination is the ability to move two or more body parts under control, smoothly and efficiently.

HEALTH RELATED COMPONENTS

Flexibility- Flexibility is the range of movement around a joint.

Muscular Strength – Muscular strength involves applying a force to overcome a resistance.

Muscular Endurance- Muscular endurance is the ability of a voluntary muscle group or muscle to work for a prolonged period of time without tiring.

Cardiorespiratory endurance- Cardiorespiratory endurance is a measurement of how well your heart, lungs and muscles work together to keep your body active over an extended period of time.

Body composition- Body composition is the proportion of fat and fat-free mass in your body. A healthy body composition is one that includes a lower percentage of body fat and a higher percentage of fat-free mass, which includes muscle, bones, and organs.