LCMS PHYSICAL EDUCATION
ACTIVITY OR EXERCISE MAKE-UP SHEET

Name _____

Date _____

Period _____

Date of Absence _____

Requirements:

- Must participate in activity or exercise that increases your heart rate for at least 30 minutes.
- Must have a parent/guardian sign the bottom of this sheet
- In the space provided you must include:
    1. What the activity was.
    2. Where the activity took place.
    3. Whether you did the activity alone or with other people.
    4. What equipment was used.
    5. Whether or not you enjoyed the activity.

****You must write a neat and <u>detailed paragraph</u> describing the specific activity or exercise using complete sentences and proper spelling. Stop light format!**

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Parent/Guardian Signature _____ Date _____

Student Signature _____ Date _____

LCMS PHYSICAL EDUCATION
ARTICLE MAKE-UP SHEET

Name _____

Date _____

Period _____

Date of Absence _____

Requirements:

- Must read an article pertaining to physical fitness, health, nutrition, or sports.
- Must attach the article to this sheet when you turn it in.
- In the space provided you must include:
    1. Name of the magazine, newspaper, or website you go the article from.
    2. Title of the article.
    3. Author of the article.
    4. Detailed summary.
    5. Whether or not you enjoyed the article.

****You must write a neat and <u>detailed paragraph</u> summary of the article you read using complete sentences and proper spelling. Stop light format!**

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