

# Champlin Park Physical Education Make-up Form

Name \_\_\_\_\_ Date Missed \_\_\_\_\_

Today's Date \_\_\_\_\_ Teacher \_\_\_\_\_ Class/Hour \_\_\_\_\_

**Directions:** To earn up to 80% of daily points for being absent do the following: **Part 1:** find an article (newspaper, internet, magazine, etc.) on the activity you missed and write a half page summary. Attach your article with the summary. **Part 2:** choose one of the following 3 options: Cardiovascular, Weight lifting, Athletic Contest/Practice. This **MUST** be filled out completely AND signed to receive credit.

## **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 below. Attach your article with the summary below or provide the URL.

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## **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 \_\_\_\_\_

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**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 \_\_\_\_\_

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**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 \_\_\_\_\_

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