

Physical Education Absence Make-Up Choices

Point value earned per assignment based on quality of work and thoroughness of assignment

1-Attend a Fitness Class at a local gym: limit 2 per semester

Type a 1/2 page 12 font, double spaced summary describing a class that you attended at a local gym. Include the name of the gym, the name of the teacher, the type of class you took (i.e., step aerobics, boot camp, Zumba, cardio kick boxing, Latin Heat, Ripped etc...), how long was the class? , what you learned during the class? Was this the first time that you attended this class? If yes, why did you choose to take this class? Would you take this class again? Why/Why not?

Instructor signature & date required

2-Participate in a cardiovascular and/or strength training workout: limit 2 per semester

Combine activities such as treadmill, stair climber, hiking, elliptical trainer, bicycle, jogging, free weights, weight machines, personal training, circuit training, boot camp, exercise DVD etc... for a minimum time of **60 minutes**. **Type a half-page**, 12 font, double spaced summary of what you did; include the day you performed the activity. How long you performed each activity. Why you chose the activity? Who did you work out with? What was your exercise heart rate? Were you sweating?

Date required

3- Mrs. Anderson Day: limit 2 per semester

Set up an appointment, either in the morning or after school, with Mrs. Anderson. She will put you through a physical education fitness type of workout.

Type a half-page, 12 font double spaced summary of the activity she put you through. How long was the workout? Was it Cardio? Weight Training? Was it in the morning/after school? Who else was with you? Why a Mrs. Anderson Day?

4- Fitness article review: limit 2 per semester

Type a one-page, 12 font double spaced summary of a fitness related magazine or newspaper article. Include in the article a basic outline of what was discussed in the article and a closing paragraph of your thoughts on the topic. **Date required**

5-Attend and watch a MMHS dance performing arts pathway show: limit 1 per semester

First Semester – Winter Dance showcase; Second Semester - Spring Dance Production

Type a 12 font, double spaced, **1/2 page summary** of the show. Describe the styles of dance performed throughout the show, talk about your favorite dance and why? Staple your ticket stub to your write.

6-Attend and watch a MMHS Sporting Event: limit 2 per semester

Type a 1/2 page 12 font, double spaced summary of the game/match. Include the sport, the level of the sport, date, time, location of the event, and strategy and/or game rules of the sport. Discuss highlights of the game and the outcome (who won?)

Coach, teacher or administrator signature & date required.

****All absence make up work is due by the end of the current 6 week grading period**