

St. Joseph Physical Education Activity Assignment

Name: _____
Home room teacher: _____
Date the class was missed: _____

This assignment will allow a student to make up points lost due to an excused absence or an injury/illness which prevents them from participating in physical education class. The activity needs to be of a vigorous nature, continuing for a minimum of 30 minutes.

**** This assignment needs to be completed and turned in the instructor within a week of the absence, or as soon as the student is feeling better in the case injury or illness.**

Some suggested activities: swimming, bike riding, walking, jogging, hiking, dance, tennis, team sports, skating....

Date of activity: _____. Day: M T W Th F S S

Location (where you did this activity): _____
Supervisor (adult who watched you): _____

Activity (what you did): _____

Explain in one or two complete sentences how your body benefited from your activity

Circle the component/s of fitness that applied in your workout.

1. Muscle strength
2. Muscle endurance
3. Cardiovascular strength and endurance
4. Flexibility

Parent signature: _____