

St Joseph Physical Education Activity Assignment

Name: _____

Home room teacher: _____

Date(s) 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 approved by the teacher before completion and must be of a vigorous nature continuing for a minimum of 30 minutes per each class missed. This assignment needs to be completed and turned into the instructor within 5 days of the student's return to school.

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

Date of Activity: _____; Day Mon-Tues-Wed-Thurs- Fri-Sat-Sun

Location (where you did the activity): _____

Supervisor (adult who watched you): _____

Activity (what you did): _____

Start time: _____; Finish Time: _____

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: _____