

P.E. Make-Up Form

PHYSICAL EDUCATION MAKE-UP WORK "FIT-FACTS"

FITNESS ACTIVITY COMPONENT SUMMARY

Read all directions. Answer all questions completely and in detail. You must complete at least one hour of physical activity. *Your workout must include a warm up, core activity, cool down and stretching.* Please indicate **how much time was spent** on each section of the workout. It must be supervised by a parent, coach, teacher, or other responsible adult. When the form is complete, place it in your teacher's computer drop box.

Your Name: Date of absence:

Date and place of your activity:

Supervisor's name: Supervisor's phone number:

1. Write a complete summary of your activity:

WARMUP:

CORE ACTIVITY:

COOL DOWN/STRETCHING:

see page 2

2. The six components of fitness are: *CardioRespiratory Endurance, Muscular Endurance, Muscular Strength, Body Composition, Stress Reduction, and Flexibility*. Pick at least two of these components and describe how your workout helped you improve these areas.