

Name _____

Date _____

PE Make up Assignment

Put a check mark in the box next to the activity when completed.

Completing all 4 physical activities is worth one make up assignment. A parent/guardian must sign the bottom of the paper for it count towards a make up assignment.

Jog/Run/Walk for 10 minutes

20 push ups: you can rest after every 5 but you must complete all 20 before you can do anything else.

50 jumping jacks

Plank for 1 minute non-stop

(parent/guardian signature)