

St. Jude Thaddeus Catholic School

PE Make Up Sheet

Make-up work for PE classes is easy in nature. We strive to build healthy habits and healthy knowledge. So, there are two (2) main options:

Option 1: Be active for 30 minutes. This can be completed however the student and parent chooses. Bicycle riding, trampoline, swimming, going for a run, a long walk, etc. If outside activities are an issue, for example the winter season, the student can complete the following list of exercises (this routine will suffice in place of a 30 minute option and is the routine all kids do at the beginning of classes, so they should be aware of all the exercises):

- 10 jumping jacks
- 6 push ups
- 6 situps
- 10 count straight leg stretch standing or sitting
- 10 count cross body windmill stretch
- 10 count straddle hops
- 10 count stride hops
- 10 count tow hops
- 30 second plank position
- 30 seconds of fast feet in place

The above exercises probably won't take 30 minutes to complete, but heart rates and muscle strength and stretching will take place just like we do in class. **Please write down what alternative activity they did at the bottom of the page. Again the goal is 30 minutes of physical activity.**

Option 2: This option is available for 6th-8th graders. Read an article about a health-related topic (muscle anatomy, exercising, nutritional health, etc), then write half to a full page review on what they read and learned about the topic. If a younger student wants to challenge themselves with this option, it will be accepted. If this option is selected, make sure this option includes the student's name, as well as the title of the article, where it was found (online site, magazine article, etc), and the author of the article.

Class date missed _____ Date of make-up completion _____

Parent/Guardian Signature _____

Description of completed activity: