

Will Rogers Physical Education

PE Make Up Option #1

Complete all three workouts and receive credit for one absence.

Date Absent : _____ Date Returning Form : _____

Name : _____ Teacher : _____ Period: _____

Work out #1

3 Rounds

10 Walking Lunges

10 PushUps

10 Crunches

100 High Knees

Time Completed: _____

Workout #2

10 Minutes cardiovascular activity :

(Circle activity) Running Treadmill Mile Run for time. Time: _____

Bicycling Swim

Other : _____ Fill In Time : _____

Workout #3

Workout for Time--You must write down the time it takes to complete the following workout.

3 Rounds

5 Burpees

10 Situps

20 Air Squats

Time to Complete: _____

5 Minutes Cool Down Sketch

Work all Major Muscle Groups

Quadriceps deltoid

Hamstrings triceps/biceps

Calves gluteals

Parent/Guardian Verification

I _____ verify that _____ successfully completed the above. (parent or guardian) (student name)

Following an absence a student has 2 weeks to make up absence.

