

RECREATIONAL ACTIVITIES – MAKE-UP ASSIGNMENT

Read all directions. Answer all questions completely and in detail. You must complete at least one hour of a RECREATIONAL activity for each class period missed.

Your activity must include:

- **a warm up,**
- **core activity,**
- **cool down**

Please indicate **how much time was spent** on each section of the activity and describe exactly what you did:

Include Type of activity, Intensity & Time.

The activity must be supervised by a parent, coach, teacher, or other responsible adult.

For unexcused absences, a maximum of 5 days may be made up.

If a doctor's note is provided (or other extenuating circumstances) students may make up the amount required to miss.

Please use the following format:

Your Name: _____ Date of absence: _____

Date of the activity: _____

Location & Address of your activity: _____

(ie: name of park & address) _____

Supervising adult signature: _____ Supervisor's phone number: _____

1. Write a complete summary of your activity (***describe - exactly what you did & amount of time for each activity***):

A. WARMUP:

B. CORE ACTIVITY :

C. COOL DOWN:

2. What was the goal of your work-out?

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D. WARMUP:

E. CORE ACTIVITY :

F. COOL DOWN:

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