

Mesa Verde Physical Education
Extra Credit Form

You must do a minimum of 20 minutes **with** one of your **parents/guardians** of aerobic exercise. (The heart rate should be at or above 150 BPM-which equals 25 beats every 10 seconds) **Example: running, fast walking, hiking, cycling, swimming, etc...** You will need your parent/guardian to sign this form in order to receive the **2 points**. There is a limit of **one form a week**.

Type if activity/exercise: _____

Student's Name: _____ P.E. Period _____

Parent/Guardian Signature: _____

Phone Numbers: _____