

Oak Valley Middle School Physical Education Make-Up Form



1. 5 minutes of warm-up stretching. _____ COMPLETED

2. 25 minutes of moderate level cardiovascular exercise. _____ COMPLETED
(ie walking, cycling, running, sport practice)

What type of activity did you do? _____

3. 30 seconds of sit-ups. How many did you do? _____ COMPLETED

4. 20 seconds of push-ups. How many did you do? _____ COMPLETED

5. 5 minutes of cool down stretching. _____ COMPLETED

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

This Make-Up is for an ABSENCE or MEDICAL/PARENT NOTE (circle one)

What was the date of the absence? _____ Parent Signature: _____

*You may only turn in 3 of these Make-Ups per trimester!
All other Make-Ups must be arranged with your Coach.*

Your child has **2 weeks** to turn in their make-up form
from the time they return to class.