

**PHYSICAL WELLNESS MAKE UP**

C. R. Anderson Middle School

Physical wellness is an activity class. Make up work is to help students achieve the desired benefits that physical activity affords. In order to make up an absence, the student must complete a **minimum of 30 minutes of continuous, aerobic (heart rate is in the TRH range of 150 – 180 beats per minute)** and then have an adult witness **sign this form** to verify the activity.

Suggested activities include: all school related after-school sports: basketball, volleyball, cross country, track, and wrestling. In addition are other sports such as football, swimming, baseball, soccer, lacrosse, running, biking, or gymnastics.

Name \_\_\_\_\_

Teacher \_\_\_\_\_ Period \_\_\_\_\_ A or B (circle)

Description of physical activity completed \_\_\_\_\_

Length of total time \_\_\_\_\_ Date(s) of absence(s) \_\_\_\_\_

Parent/Coach/Instructor Signature \_\_\_\_\_ Date \_\_\_\_\_

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