

Horse Heaven Hills Middle School - PE Make-Up Form

Students please write a short description of your workout. Have a parent sign and date at the bottom of this form.

Name: _____ Class Period: _____ Teacher: _____

_____ Warm Up - Should include 4-5 min of cardio followed by stretching or a dynamic warm-up routine.

_____ Main workout - Should include 30-45 min of moderate to vigorous physical activity.

(EXAMPLES: jogging, bike riding, sports practice, jumping rope, bowling, weight lifting)

_____ cool-down - Should include 5-10 static stretches.

Short Description of your Workout:

Student Signature: _____ Parent Signature: _____ Date: ___/___

Please complete this form and return it to your teacher within 1 week of your absence.

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