

Blaine Physical Education  
Mrs. Lachinski  
Make – up Form

Name \_\_\_\_\_  
Date \_\_\_\_\_  
Class/Hour \_\_\_\_\_

To earn 7 out of 10 points for your absence, you need to complete ONE of the following:  
Cardiovascular, Weight Lifting, Athletic Contest/Practice. This form MUST be filled out completely AND signed to receive credit. To earn the additional 3 points, find an article (newspaper, internet, magazine, etc.) on the activity you missed and write a half page summary. Attach the article with the summary to this form.

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Cardiovascular Make Up: Choose any cardio activity. Perform that activity for 30 minutes.  
Answer the following questions:

Name of activity \_\_\_\_\_  
Record your heart rate once every 10 minutes during the 30 minute workout:  
1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

Were you in your Target Heart Rate Zone for at least 20 minutes? \_\_\_\_\_  
Why or Why not? \_\_\_\_\_  
What is your Target Heart Rate Zone(THRZ)? \_\_\_\_\_

Describe in detail what you did during the 30 minute Cardio workout? \_\_\_\_\_

What are some benefits of Cardio activity? \_\_\_\_\_

Staff or Parent/Guardian Verification Signature \_\_\_\_\_

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Weight Lifting Make Up: Answer the following question:

Where did you lift weights? \_\_\_\_\_

Write down each lift, the amount of weight lifted, number of reps and explain what muscle group was being used on each lift.

Staff or Parent/Guardian Verification Signature \_\_\_\_\_

Athletic Contest/Practice

After your game and/or practice, answer the following questions:

What sport are you in? \_\_\_\_\_

If it was a competition, did you win? \_\_\_\_\_ What was the score/time? \_\_\_\_\_

What area of fitness did you use the most? \_\_\_\_\_

How long were you physically active during the Competition/Practice? \_\_\_\_\_

What is your favorite Sport? \_\_\_\_\_

What can you do to improve your performance? \_\_\_\_\_

Staff or Parent/Guardian Signature \_\_\_\_\_

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Article on missed activity

To earn the remaining 3 points, find an article on the activity you missed and write a half page summary.  
Attach the summary and article to this form.