

Name: \_\_\_\_\_

# Day(s) you missed: \_\_\_\_\_

Activity: \_\_\_\_\_

Duration: \_\_\_\_\_

**Requirements:**

- You must participate in some sort of physical activity for a period of 30 minutes per day you missed.
- The physical activity must be one that increases the heart rate. Your heart rate must be beating faster at the end of the activity than it was at the beginning.
- To obtain credit, you must complete 1 activity below and return it to me.

**Choose:**

- 1) Draw a picture (using colored pencils, crayons, and/or markers) of what it looked like when you participated in this activity.

***OR***

- 2) Write a paragraph (5-7sentences) describing the exercise/activity you did.  
You may include how you felt during the exercise, what you liked about it, how often you participate in this exercise, and/or anything else that relates to P.E.