

**South Tahoe High School**

**Physical Education**

Daily Make-up Routine

Name \_\_\_\_\_ PE teacher \_\_\_\_\_ Period      A or B

Date Absent \_\_\_\_\_ Date returning form \_\_\_\_\_

**Make up work: do both**

<b>1. WARM UPS : stretching, sit-ups and push-ups</b>	10 - 15 minutes
<b>2. CARDIO/SPORT-RELATED ACTIVITY</b> What you did, where and when What:  Where: When:	60 minutes

I \_\_\_\_\_ verify that \_\_\_\_\_  
Parent/Guardian student name

has successfully completed the above assignment.

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