

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

1. WARM UPS : stretching, sit-ups and push-ups	10 - 15 minutes
2. CARDIO/SPORT-RELATED ACTIVITY 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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