

EMHS Physical Education Make-Up and Extra Credit

Name _____ Date of Activity _____

Make-up [] For what day? _____ or Extra Credit [] Duration (# of Minutes) _____

Activity Completed _____ Location _____

Main Components of Fitness (cardio, strength, endurance, flex) _____

RPE Scale (how much sweat) (0 – 20) _____ Fun! (0 – 10) _____

Supervisor Signature _____ Date _____

*90mn = 1 PE day make-up *Must be turned in within 5 school days of missed class

*Only 1 extra credit slip per week (5pts max) *Athletics do not count for extra credit

*Value based on duration, intensity, and how much out of comfort zone the student went

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