Physical Education Make-up Work Sheet

Chandler High Boys

These activities will assist you in recovering lost points from **excused** absences. You may NOT use these activities to recover points for non-dress days or unexcused absences.

You will need a clock or stop watch that will count seconds. The workout recovery is called “Tabata”.

20 seconds on 10 second of rest and repeat for 8 rounds (4 minutes) with a one minute rest between activities. ***You are limited to one “workout recovery” per day***.

Activity Total Number of repetitions

1. Push-up plank (8 rounds) \_\_\_\_\_\_N/A\_\_\_\_
2. Air squats (8 rounds) \_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Sit-ups (8 rounds) \_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Burpees (8 rounds) \_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Walking lunges (8 rounds) \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Now you will need a Parent or Guardian signature that authorizes you completed the workout and contact number so that your coach can confirm the workout was accomplished.

X\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Parent/ Guardian Signature and contact number**

X\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Your Name printed/Period/Coaches name**

**You now have recovered 8 points. Congratulations!!!**

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