

Name: \_\_\_\_\_ Period: \_\_\_\_\_ Date: \_\_\_\_\_

Assignments need to be written neatly and turned in without the paper being crumpled up.

Assignments will not be accepted if they do not meet these standards.

## MJHS Make-up Assignment

### Activity Log

*This is a homework assignment to help students' make-up Physical Education absences in which they lost daily participation points. Every hour recorded makes up for one missed class.*

**30 minutes is the minimum and 1 ½ hours is the maximum amount of time to be spent per day.**

To test your intensity you can use the **Conversation Test or Sing Test.**

**Mild Intensity: Can hold a conversation with a friend and/or can sing a song all the words**

**Moderate Intensity: Hard to hold a conversation but can still talk and/or cannot sing every word of the song but can sing most of them**

**Vigorous Intensity: Cannot hold a conversation but can talk a little and/or cannot sing along to as long (maybe just a couple of words)**

Date	Activity Describe	Intensity Circle the one that best describes your effort	Duration How long?	Reflection 2-3 sentences about how you felt during and after the activity. Also, write a strategy for how you could improve your workout next time.
		Mild Moderate Vigorous		
		Mild Moderate Vigorous		
		Mild Moderate Vigorous		
		Mild Moderate Vigorous		
		Mild Moderate Vigorous		
		Mild Moderate Vigorous		
		Mild Moderate Vigorous		

If you need more space make a table on the back to add on.

Have your parent or guardian sign when finished to confirm your activities before you turn it in.

I confirm that my son/daughter has participated in the following activities listed above.

\_\_\_\_\_ (Parent Signature) \_\_\_\_\_ (Date)

Assignments need to be written neatly and turned in without the paper being crumpled up.

Assignments will not be accepted if they do not meet these standards.