

Big Sky High School Physical Education Extra Credit and Make-Up Form

Name: _____ Date of Activity: _____

Activity: _____

Location: _____ Duration of Activity (# of Minutes): _____

Components of Fitness (cardio-respiratory, strength, endurance, flexibility): _____

RPE Scale (How much sweat?)(0-20): _____ Fun (Did you enjoy it)(0-10): _____

Supervisor/Guardian Signature: _____ Date: _____

- **Must be turned in within one week of missed class. **90mn = 1 make-up/XC.
- **Only ONE form will be accepted as extra credit per week. **Worth a maximum of 10 points.
- **Can hand in partial XC.

Big Sky High School Physical Education Extra Credit and Make-Up Form

Name: _____ Date of Activity: _____

Activity: _____

Location: _____ Duration of Activity (# of Minutes): _____

Components of Fitness (cardio-respiratory, strength, endurance, flexibility): _____

RPE Scale (How much sweat?)(0-20): _____ Fun (Did you enjoy it)(0-10): _____

Supervisor/Guardian Signature: _____ Date: _____

- **Must be turned in within one week of missed class. **90mn = 1 make-up/XC.
- **Only ONE form will be accepted as extra credit per week. **Worth a maximum of 10 points.
- **Can hand in partial XC.

Big Sky High School Physical Education Extra Credit and Make-Up Form

Name: _____ Date of Activity: _____

Activity: _____

Location: _____ Duration of Activity (# of Minutes): _____

Components of Fitness (cardio-respiratory, strength, endurance, flexibility): _____

RPE Scale (How much sweat?)(0-20): _____ Fun (Did you enjoy it)(0-10): _____

Supervisor/Guardian Signature: _____ Date: _____

- **Must be turned in within one week of missed class. **90mn = 1 make-up/XC.
- **Only ONE form will be accepted as extra credit per week. **Worth a maximum of 10 points.
- **Can hand in partial XC.