

Mr. Ramirez's Absence Make-Up Choices

Point value earned per assignment based on quality of work and thoroughness of assignment

1. **Participate in a cardiovascular, team sport and/or strength training workout:**
Combine activities such as treadmill, organized sports, stair climber, hiking, elliptical trainer, bicycle, jogging, free weights, weight machines, personal training, circuit training, boot camp, exercise DVD etc... for a minimum time of 60 minutes.
 - a. Type a half-page in 3.8 format, 12 fonts, double spaced on what you did;
 - b. include the day you performed the activity. How long you performed each activity. Why you chose the activity? Who did you work out with? Were you sweating? Date required 3
2. **Fitness article review:**
 - a. Type a one-page in 3.8 format, 12 font double spaced summary of a fitness related magazine or newspaper article.
 - b. Include in the article a basic outline of what was discussed in the article and a closing paragraph of your thoughts on the topic. Date required.
3. **Attend and watch a Central Sporting Event:**
 - a. Type a 1/2 page in 3.8 format, 12 font, double spaced summary of the game/match.
 - b. Include the sport, the level of the sport, date, time, location of the event, and strategy and/or game rules of the sport. Discuss highlights of the game and the outcome (who won?) Coach, teacher or administrator signature or voice & date required.
4. **Watch a sporting event on television, YouTube highlights, ESPN, any medium that has a sporting event.**
 - a. Type ½ page in 3.8 format 12 font, double spaced summary of what you watched.
 - b. Include the sport, the level of the sport, the event, if applicable the website, clip or game. Discuss what you enjoyed, highlights and overall experience.

****All absence make up work are due by the end of the current grading period.**