Name_____Per___Roll_____

Fitness Day Make-up Assignment

In order to earn back your 5 points for missing this fitness activity, please answer the following 5 questions. Be sure to use COMPLETE SENTENCES and answer all "why" parts of each question. Turn this in within **2 weeks** of your missed fitness day to earn **full credit**.

1. Which Fitness Day did you miss (include date and description)? Why?

2. Choose a student to interview in our class that participated in the fitness activity.
   a. Who did you interview (include name and roll call)?

   b. Using 3-5 sentences, write a short paragraph describing the activity?

3. In this fitness activity, which 2 Fitness Components do you think were trained the most? Why? (Use 3-5 sentences to explain why)

4. After reflecting back on the activity, answer these two questions:
   a. Which activity would have been easiest for you to do? Why?

   b. Which activity would have been most difficult for you to do? Why?

5. Using 3 sentences, what do you think was the main objective of this fitness day?