

PE Make up Work #2

Marina Par Course

Walk or run the Marina Par Course

Performing all of the activities at each station.

Answer the following question in complete sentences on a separate piece of paper. Make sure you have your name, PE teacher and PE period included on your paper. **You must have a parent signature to receive credit.**

Attach this paper to assignment.

Marina Par Course = 5 participation points.

Questions

1. Date you did the Par Course.
2. How long did it take you to complete the course?
3. Did you walk or run in between each station?
4. Tell me what you saw while at station #6.
5. What activity did you do at station #10?
6. How many repetitions did you do for each exercise?
7. What activities were easy for you? Name of activity & station #.
8. What activities were hard for you? Name of activity & station #.
9. How did you feel after you finished the Par Course?
10. Parent Signature:
I certify that my son/daughter _____ has
completed the Marina Par Course.

Parent Signature _____

Date _____