Date(s) Gone: ­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Reason Gone: Vacation---Sick---Other (Please circle)

*Your Task:*

* Create a fitness activity that we can/will use in class.
* It needs to be high intensity and last a minimum of seven minutes.
* Music needs to be selected for the activity and approved.
* You will lead the class in this activity!

*The Yellow Brick Road:*

1. The activity uses exercises we know and that will keep our heart rate up.
2. The activity is not just running for the entire time.
3. The activity is creative and not just copied and pasted from a website.
4. The activity is no less than seven minutes.
5. The activity is age appropriate, meaning not too difficult (think about the diverse skills of the students in the class).
6. The assignment was turned in no later than two weeks after absence.