



**DEPARTMENT OF AEROSPACE SCIENCE**

**CLOVER HIGH SCHOOL— SC-951**

1625 East Hwy 55  
Clover, SC 29710  
(803) 810-8978



MEMO TO: Cadet \_\_\_\_\_

Date: \_\_\_\_\_

FROM: Flight Commander

SUBJECT: Make-Up Physical Training Worksheet

You were absent on \_\_\_\_\_ for the weekly PT class. You have the option of:

1. Receiving a ZERO grade for PT. Or
2. Completing these exercises at home and having your parent or coach validate completion of the exercises.

If you elect **not** to make up the PT session at home, sign your name now on the line provided and submit now:

I will **not** complete the home exercise option. Please record my grade as a ZERO. \_\_\_\_\_

**\*\*Note: All make up PT forms must be submitted prior to next PT session for full credit\*\***

//SIGNED//

BRIAN K. BATSON, Major USAF (Ret.)  
Senior Aerospace Science Instructor

**HOME EXERCISES:**

**Warm Up Exercises.** Leg & arm stretches, trunk twists, and others that we do on Friday PT.

Complete these **aerobic exercises:**

1. Fifteen 4-count jumping jacks.
  2. Fifteen two-legged squats.
  3. Twenty heel lifts.
  4. Fifteen lunges with each leg.
  5. Twenty-five pushups. (may be split up if needed)
  6. Twenty-five sit-ups. (may be split up if needed)
  7. Walk one mile in 15 minutes or less; or jog one mile in less than 10 minutes.
- \*Alternate exercises may be completed if involved with athletics, martial arts, dance, etc.

Time for the WALK or JOG: \_\_\_\_\_

I certify that \_\_\_\_\_ completed these exercises. \_\_\_\_\_  
(Parent/coach signature)

**Return the signed paper prior to next PT session. Failure to return the paper will result in a zero grade.**