



DEPARTMENT OF AEROSPACE SCIENCE
FIKE HIGH SCHOOL— NC-946
500 Harrison Dr.
Wilson, NC 27893



MEMO TO: Cadet _____

Date: _____

FROM: SASI/ASI

SUBJECT: Physical Training (PT) Alternate Assignment Worksheet

1. Alternate Assignment completed on (Date) _____ for the weekly PT during remote learning times or absence.
 - a. Please complete the Home Exercises as described in this letter.
 - b. Have your parent/guardian or coach validate completion of the exercises.
2. All PT Alternate Assignment forms must be submitted prior to the next PT session for credit.

HOME EXERCISES:

Warm Up Exercises. Leg & arm stretches, trunk twists, and others normally completed on Friday PT sessions. The intent to warm-up major muscle groups to avoid injury during more intense exercises.

Complete these aerobic exercises during a single session and intended to be self-paced:

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 (curl-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. Keep track of start and complete time.

***Alternate exercises may be completed if involved with athletics, martial arts, dance, etc.**

Total Time for the WALK or JOG: _____

I certify that _____ completed these exercises.
(Cadet Last Name, First Name)

(Parent/Guardian/Coach signature, date, and phone number)

Return the signed worksheet prior to the next PT session.