

# PHYSICAL EDUCATION MAKE-UP



STUDENT: \_\_\_\_\_ PERIOD: \_\_\_\_\_

DATE DUE: \_\_\_\_\_

Each day's activities are an assignment, and your student's participation in them is the most important factor in determining his or her grade. Absences need to be made up so that the student's participation grade will not be affected. This sheet is offered to allow a student to makeup time missed from being absent, or ill.

Excused absences and medically excused non-participation days may be made up with this make-up sheet. Unexcused non-participation days may not be made up with this make-up sheet.

PARTICIPATION ACTIVITY - (**This activity cannot be school sponsored.**)

TEACHER'S NAME: \_\_\_\_\_

DATE OF ABSENCE/NON-PARTICIPATION: \_\_\_\_\_

ACTIVITY: \_\_\_\_\_ DATE ACTIVITY WAS DONE: \_\_\_\_\_

TIME SPEND IN THE ACTIVITY: \_\_\_\_\_ (**MINIMUM OF 35 MINUTES; 90 MINUTES TO MAKE UP A MISSED BLOCK DAY**)

WRITE A PARAGRAPH THAT DESCRIBES WHAT YOU DID, HOW YOU DID IT, WHO YOU DID IT WITH AND WHY YOU DID IT.

HOW DID PARTICIPATION IN THIS ACTIVITY HELP YOUR PHYSICAL FITNESS?

IF IT APPLIES - WHAT WERE THE GAME SCORES, INDIVIDUAL SCORES, TIME , NUMBER OF REPETITIONS, ETC. FOR THE ACTIVITY?

EXAMPLES OF ACTIVITIES THAT MAY BE USED FOR MAKE-UP: (non-school related) bowling, football, tumbling, dance, martial arts, soccer, skating: ice/roller, gymnastics, basketball, weightlifting, golf, jogging, softball, baseball, aerobic exercise, hiking, racquetball, swimming, skateboarding, skiing, housework, yardwork. Other activities may be used with approval by the teacher.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_