

# PHYSICAL EDUCATION MAKE UP FORM

Your child is being given the opportunity, and is encouraged to make up his/her absences from Physical Education class. Each day your child misses class he/she receives a **0**, which is equivalent to an **F**. If your son/daughter chooses to make up their absence they can raise their grade from a **0** to a **5**.

In order to make up a PE absence the **student** must do the following:

1. Meet with their assigned PE teacher and tell of their desire to make up the days missed and pick up this form.
2. Participate in a physical activity for 30 continuous minutes for each day being made up. Aerobic activities such as swimming, jogging, bicycling, and roller blading, etc., are fairly easy to accomplish. Other examples would be weight lifting in the school fitness center, workout videos or aerobic equipment at home, a class at a local health club, or a martial arts class could all be accepted with prior approval of teacher.
3. Complete the activity and bring back this form signed by a parent/guardian on or before the due date.
4. **All absences must be made up within two weeks of the child's return to school.** If not made up within this time period, the grade will remain a 0.
5. If a student is going to have prearranged absence from school, he/she should talk with the PE teacher **before** leaving to discuss the possibility of doing make up work during the absence.
6. Discuss with parents before completing activity.

Student's name (print) \_\_\_\_\_

PE Period \_\_\_\_\_

Teacher's name \_\_\_\_\_

Date(s) of Absence \_\_\_\_\_

Due date (2 weeks after absent date) \_\_\_\_\_

Time being made up (30 min per day absent) \_\_\_\_\_

Activity Description

Parent Signature \_\_\_\_\_