LTS & Soph. Human Performance Make-Up

Mr. Broadhead

These classes require participation in physical activity. Therefore, make-ups for these classes need to be based on completing some form of exercise.

Requirements:

* Make-up must be a minimum of 30 minutes
* Only Excused Absences can be made up
* Must be turned in within 7 days of the absence

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class Period:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Absence:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date Turned in:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Location:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Time Completed:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Instructor/Coach/Parent Signiture:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Type of Make-up work (30 minutes minimum)

\_\_\_\_ Aerobics \_\_\_\_Skiing \_\_\_\_Written Report (with teacher permission)

\_\_\_\_Bike Riding \_\_\_\_Swimming Other:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_Dance \_\_\_\_Sport Practice

\_\_\_\_Jogging \_\_\_\_Weight Training

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