**PHYSICAL EDUCATION MAKE-UP FORM**

Physical Education is an activity class. Make up work is assigned with a physical activity. Students must have the form filled out completely and returned within **one week** of anabsence for absences 1 through 5 unless other arrangements have been made with your teacher. Absences must be made up on different days, example a day of skiing will count for one day of make-up work. students assigned to study hall for an injury will be given the option of physical activity or a written report. If a written report is chosen, it should be presented to the teacher upon return from study hall, with one report of four pages double-spaced for each week of absence. Topic should be discussed with your teacher. After more than 5 absences a quarter, students are required to do make-up work on site. They may choose from walking/running, the Fitness Center, and Weight Room.

Student's Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Assignment Sheet

Class Period \_\_\_\_\_\_\_\_ Teacher's Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Absence Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Make-Up Work Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Location\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Type of Make-up (Check one) Minimum of 30 minutes of exercise:

Aerobics\_\_\_\_\_ Weight Training\_\_\_\_\_\_ Dance\_\_\_\_\_\_\_\_ Swimming \_\_\_\_\_\_ Bike Riding\_\_\_\_\_\_\_\_ Walking\_\_\_\_\_\_\_ Running\_\_\_\_\_\_\_\_

Hunting\_\_\_\_\_\_ Horse Riding \_\_\_\_\_\_\_ Other with approval of P.E. Teacher \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Athletic Sport \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ list which sport

Report (if assigned)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Topic\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

To verify an absence, we ask for the name and phone number of the adult instructor, coach, class supervisor, or parent supervisor.

Adult supervisor's name (please print)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Over 5 days of absence in a quarter- on site workout arranged in advance and verified with the teacher

Walk/run with pedometer\_\_\_\_\_\_\_\_\_ Fitness Center\_\_\_\_\_\_\_\_\_\_ Weight Room\_\_\_\_\_\_\_\_\_\_