



Physical Education Department

Absent/Medical Make-up Form
(Due by end of semester)

On the days that you miss PE class, **for any reason**, you are expected to "make-up" for the physical activities that you missed during your absence.

The make-up is to be performed during after school hours. The following are some examples of after-school physical exercises that can serve as make-up activities: swimming, hiking, biking, walking, skate boarding, jogging, fitness class work-out, sports' team practice, etc.

The activities must be performed for a combined total of 30 minutes for each class missed:

example: 10 minutes walking, 10 minutes biking, 10 minutes jogging = **30**

Student's Name: _____

Reason for missing class (CIRCLE ONE):

~Absent from school ~Med. excuse note ~Medical appt. ~Travel study

PERIOD (circle one): TWO (2) THREE (3) FOUR(4) FIVE (5) SIX (6)

***** Make-up activities must be performed AFTER the absence has occurred *****

<u>Date Absent from Class</u>	<u>Time Spent on Activity</u>	<u>Type Of Activity</u>

(30 combined minutes to make-up 1 absence)

Parent Signature: _____

Date _____