

**PIONEER MIDDLE SCHOOL
PHYSICAL EDUCATION DEPARTMENT MAKE-UP FORM**

Thanks for your support and assistance in helping your child reach his/ her potential in our physical education classes. Regular attendance and participation are important parts of our grading system.

****STUDENTS HAVE TWO WEEKS (10 SCHOOL DAYS) FROM THE TIME OF THEIR RETURN FROM AN ABSENCE OR EXCUSED NON-PARTICIPATION TO COMPLETE AND TURN IN A DAY OF MAKE-UP.**

Your signature below verifies that your child has completed the P.E. Make-up for one day. **STUDENTS MAY MAKE UP ONE DAY PER MAKE-UP FORM.**

STUDENT'S NAME _____

P.E.TEACHER _____

PARENT'S SIGNATURE _____ P.E.PERIOD _____

TODAY'S DATE (Day that the make-up was completed) _____

DATE OF ABSENCE OR EXCUSED NON-PARTICIPATION _____

PARENT'S PHONE NUMBERS: HOME _____

WORK _____

THE FOLLOWING TYPE OF MAKE-UP WAS PERFORMED:

#1 #2 #3 #4

(Please see below and circle the correct number)

1. Students can use an hour period of time in an organized sporting event which involves aerobic activity.
2. Students can walk for 30 minutes under the supervision of a parent or guardian.
3. If students are gone for an extended period of time--i.e. vacation or emergency--they can perform their aerobic activity while they are away under the supervision of a parent, guardian, or adult coach. They must fill out one make-up form or each day missed. Please be honest.
4. Students can follow the routine below under the direct supervision of a parent or guardian and count it as one make-up.

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|---------------------------------------|---------------------------|
| 1. 30 second warm-up jog, | 2. Crossovers, |
| 3. Groin Stretch, | 4. Butterflies, |
| 5. Inside Hurdler's Stretch, | 6. Achilles' Stretch, |
| 7. Runner's Stretch, | 8. Storks (Quad Stretch), |
| 9. Sit-ups (30 bent knee), | 10. Push-ups (20), |
| 11. Side Bends, | 12. Arm Stretch, |
| 13. 5 minute jog or a 15 minute walk. | |

This form needs to be filled out and signed by a parent, guardian, or possibly adult coach in order to be valid. Again, only ONE make-up form will be accepted per day.

In order to receive credit for the make-up, this form must be turned in within TWO (2) WEEKS of the return from an excused absence or excused non-participation.

