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.TEAHER______________________________________________

PARENT’S SIGNATURE______________________________________

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. 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.

   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.