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

Your child is willing to make up the excused absence(s) by doing all the following exercises under your supervision:

1. 30 second warm-up jog
2. Cross-overs: (rt., lt., apart, together)*
3. Groin stretch*
4. Butterflies*
5. Toe reach*
6. Achilles’ stretch*
7. Runner’s stretch*
8. Sit-ups (30 bent knee)
9. Push-ups (20)
10. Side bends*
11. Arm stretch*
12. 5 minute jog or 15 minute walk

*The above stretches should be done slowly and deliberately— at least 20 seconds for each separate stretch.

**STUDENTS HAVE TWO WEEKS FROM THE TIME OF THEIR RETURN FROM ABSENCE TO COMPLETE AND TURN IN A DAY OF MAKE UP.

Your signature below verifies that your son or daughter has completed all the above exercises. STUDENTS MAY MAKE UP ONE DAY PER MAKE UP SHEET.

STUDENT’S NAME____________________________________P.E. Teacher______________________

PARENT’S SIGNATURE_____________________________________P.E. Period_______

TODAY’S DATE________________________

DATE OF ABSENCE MAKE UP __________________________

PARENT’S PHONE NUMBERS: HOME_______________________

WORK_________________________