HOW TO MAKE UP AN EXCUSED ABSENCE OR NOT-SUIT:

Forms are available in the physical education offices, in the main office at Pioneer Middle School, and on Mrs. Dieringer’s PE web page: http://pio.wsd.wednet.edu, then click on staff links, then Mrs. Dieringer, then PE. One of the forms needs to be filled out and signed by a parent, guardian, or possibly a coach in order to be valid. Again, only one make up form will be accepted per day. The forms need to be turned in within 2 weeks of the excused absence or excused non-suit.

1--Students can use a 30 minute period of time in an organized sporting event which involves aerobic activity.
2--Students can come in on designated days-----before school at 7:30 am in the morning----and walk for 30 minutes under the supervision of Mrs. Valdez or Mrs. Dieringer.
3--If students will be gone for an extended period of time (ie. vacation), they can perform their aerobic activity while they are gone under the supervision of a parent, guardian, or coach. They need to fill out one form for 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 (right, left, apart, together)
3. Groin stretch
4. Butterflies
5. Hurdler’s stretch (both legs)
6. Achilles’ stretch
7. Runner’s stretch
8. Sit-ups (30 bent knee)
9. Push-ups (20)
10. Side arm bends
11. Arm stretch
12. Storks (Quad stretch)
13. 5 minute jog or a 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_______________________