

Extended Absence from Physical Education Class
Make-up Assignment



Directions: You are to write a paper in your own words about your injury that you are currently medically excused for. The paper must be 12 pt. Font and double spaced. MINIMUM OF TWO PAGES. Each paragraph must be at least 5 complete sentences. You must submit the paper by the **due date**.

Remember this paper is about YOU, and YOUR injury. Be creative and include the information which you feel is important and relevant for this assignment.

Below are some suggestions of information to include in your paper:

- What is your injury?
 - Medical name, and describe it.
- How did you sustain the injury?
 - Describe what happened and where you were.
- What were your initial thoughts/feelings when the injury occurred?
- What immediate attention/treatment did you receive for your injury?
- What was the diagnosis when you went to the doctor?
- What is your recovery time?
 - Do you have to attend Physical Therapy?
 - If so, what are you doing there?
 - What are you allowed to do/what are you not allowed to do?
 - What are you doing to get yourself healthy again?
 - What have your thoughts been throughout this recovery process.
- Any other relevant information you wish to include regarding your injury!

****Please submit the final copy via email to your attendance teacher by the designated due date!****