

How do I make up an absence in PE class?

Students can make up P.E. before/after school or at home by exercising continuously for a minimum of 20-30 minutes for each day missed. Completely fill out the form below and return to your teacher in a timely manner. Turn in one slip for each day missed.

Name: _____ Class period: _____
(first and last name)

DATE you were absent	EXERCISE/Activity Completed	Length of TIME you exercised	Parent/Guardian Signature (REQUIRED)

SUGGESTED EXERCISE CHOICES : 1) Run / Jog for 20-30 minutes 2) Bicycle five miles or more. 3) After school sport that you are involved in, school or otherwise. 4) go for a lengthy brisk walk

- Activity needs to be a minimum of 20 minutes
- Unexcused absences cannot be made up
- Maximum of 5 make up slips per quarter unless circumstances require more (need teacher approval)

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