

# Make-up Worksheet

*For Absences/Medical Notes/Missed Participation from Physical Education Class*

Students are required to participate in 30 minutes of a physical activity to make up for each day of Physical Education participation missed. Students may turn in no more than 2 worksheets per date of activity. After the activity, students must answer the following questions with three to five complete sentences. Forms must have a parent/guardian signature. Students may choose from a variety of activities examples of which may be:

Soccer	Jogging	Swimming	Aerobics	Weight-Training
Biking	Baseball	Softball	Basketball	Power Walk
Frisbee	Volleyball	Badminton	Tennis	Racquetball
Hockey	Skiing	Gymnastics	Jump Rope	Table Tennis
Other	(Some activities may require teacher approval)			

Student Name: \_\_\_\_\_  
 Activity in which you participated: \_\_\_\_\_  
 Date of the activity: \_\_\_\_\_  
 Parent/Guardian Signature: \_\_\_\_\_

1. Please explain the activity you participated in. How long was the activity? Is this activity related to a Physical Education goal?

2. Please explain at least three physical benefits of this activity.