

# 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: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_

Activity in which you participated: \_\_\_\_\_

Date of the activity: \_\_\_\_\_

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

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

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