

MRMS PHYSICAL EDUCATION MAKE-UP SHEET

1. Make-up activities should be **cardiovascular endurance based and should last 55 minutes in length**, (Examples: running, fitness, swimming, community and/or school sports, dancing, and other related activities). Please place an X next to the following reason(s) for missing the entire physical education class time.

Counselor's Office	_____	Illness	_____
Main Office	_____	Field Trips	_____
Another Class Activity	_____	Injury	_____
Nurse's Office	_____	Family Function	_____
Other Excused Reason(s)	_____		

2. Students will **lose their daily points** for class time missed. In order to earn full credit, all make-up work must be submitted on or before the date on the class calendar.

3. For grading concerns refer to Physical Education Policies and Procedures at <http://schools.dcsdk12.org/pe>, **Click on class forms**.

4. **Students Must Type** a summary paragraph of at least 6 sentences about the activity they participated in (e.g., if a student has missed two days, they will need to type two separate five-sentence summaries). The summary should explain in detail the workout and/or skills involved. Using the back of this sheet, please type the summary for each day absent and submit a copy to your teacher. You may staple any additional sheet.

Teacher _____

Period/Core _____

5. Total Minutes being made up. (**55 Minutes per class period missed**)

(Please Circle One)

1 Absence 60 min.
and at least 6 sentences

2 Absences 120 min.
and at least 12 sentences

3 Absences 180 min.
and at least 18 sentences

(Make-Ups must be typed using basic size 12 fonts)

6. Please Place completed make-up forms in your instructors box outside the P.E. locker rooms

Your Name _____

Parent(s) or Guardian Signature _____

Date(s) of the absence(s) _____

Date Checked By Teacher _____