

St. Monica School
Physical Education Make-Up
2011-2012

Name _____
Grade _____

To help you make up points you have lost through illness, injury, or other circumstances beyond your control you may substitute other activities to help you fulfill your requirement.

I have listed a variety of activities below from which you may choose. Your options however are not limited to those listed. If your activity is different from those listed below it must be pre-approved by your instructor (**just about anything involving movement of some type will be okay**)

To obtain credit, fill out this form completely including verification of the activity by either your parent or coach.

Each day of Physical Education missed requires an activity which takes place a minimum of 30 minutes to make up your missed day. You may make up only one period per day.

SAMPLE ACTIVITIES:

bicycling	roller blading/roller skating	aerobics/dance class
jogging	ice skating	jumping rope
swimming	skiing/snowboarding	neighborhood games
hiking	ultimate frisbee	tennis/badminton

Team sports-----football, soccer, basketball, baseball, hockey, softball, lacrosse, track and field etc...

Day and date of Physical Education class missed _____

Activity description _____

Date of Activity _____ Duration of Activity _____

Student Signature _____

Parent/Coach/advisor _____

This form needs to be completed and turned in no later than two weeks after the absence in order to ensure credit.