

# AMS Physical Education Make Up Sheet

Each student receives points each day for participating in physical education class. Failure to participate due to an absence or parent note results in the loss of all the points for the day. It is the student's responsibility to make up that work on their own time and turn in the proper paperwork to receive credit. Make up work requirements:

- Students must participate in some sort of physical activity for a period of about 30 minutes for each class period being made up.
- The physical activity must be one that increases the heart rate and a moderate level of intensity.
- If you participate in a competition or practice for a team you may use that activity. Ex. 2 hour basketball practice.
- In order to obtain credit, you must complete this sheet and return it to your physical education teacher before the end of the quarter. Only 6 make ups allowed per quarter.
- This sheet must be filled out completely and signed by a parent or guardian to be accepted.

Name \_\_\_\_\_ Grade \_\_\_\_\_ PE Teacher \_\_\_\_\_

Make up is for:      Absence      Parent Note      (Circle one)

Activity \_\_\_\_\_ Minutes of Activity \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

1. Why did you choose this/these activity/activities?

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2. Explain one physical benefit of the activity/activities you chose.

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\*A note from a healthcare professional or doctors clinic is excused and **does not** require a make up.