

Nordonia Physical Education Make-Up Slip for Absence from Class

Rules for Make-Up Slips:

- Due 3 days upon return to school
- Absences from Physical Education class are recorded as a ZERO for the daily participation grade. If a make-up slip is completed correctly and turned in to the P.E. teacher on time, the student will receive a 4 out of 4 for that day's participation grade.
- Make-up slips **MUST** be signed by a Parent/Guardian.
- Make-up slips are the P.E. department's way to make sure that students are getting exercise on a daily basis, whether they are in PE class or not.
- You may use the same sheet for multiple absences.

The student must complete ONE of the following choices in order to make up his/her participation points (check one):

_____ 30 minutes of exercise (examples: walking, jogging, cycling, swimming, basketball, soccer, football, etc.)

What kind of exercise did you do? _____

_____ Written critique (minimum of a 5-7 sentence paragraph) on a magazine article and how it relates to physical well-being.

Date of Absence(s): _____

Student Name (Printed): _____

Your Grade: _____

What period do you have PE? _____

Student Signature: _____

Parent/Guardian Signature: _____