

## DWMS PHYSICAL EDUCATION ABSENCE MAKEUP WORKSHEET

If you are absent from P.E., you need to complete this worksheet as your makeup assignment. *One worksheet makes up for one absence.* Class must be made up in the same quarter as the class missed. When completed, the worksheet must be signed by a parent. It must then be turned in to your P.E. teacher to receive credit for points lost due to an absence.

Your assignment **is** to participate in *at least 60 minutes* of physical activity in one day. The time may be consecutive or broken up into increments. The activity should be moderate to vigorous and should elevate your heart rate. Examples can include brisk walking, jogging, sprinting, strength training, gymnastics, cheer, volleyball, basketball, football, tennis, Frisbee, soccer, or any other activity that meets the requirements.

On the lines below, describe the physical activity you completed for your makeup assignment.

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DATE OF ABSENCE: \_\_\_\_\_

CLASS PERIOD: \_\_\_\_\_

STUDENT NAME: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_