**Health & Fitness MAKE-UPS**

**Student’s name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** Health & Fitness Teacher:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Date PE class missed:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

To help make-up daily points you have lost through illness, injury, or other excused absence, you may substitute another physical activity to be completed outside of PE. Listed below are activities you may choose from. Your options aren’t limited to the list, but you’ll need teacher approval if your activity isn’t listed.

For each day missed, you must substitute at least 40 minutes of activity. **ONLY ONE ACTIVITY MAY BE MADE UP PER DAY.** Example: **A two hour soccer practice can only substitute for one day.**

bicycling jump rope skiing skating racquet ball

running tennis basketball soccer snowboarding

softball hockey walking football swimming

roller-blading rowing pickle-ball golf horseback riding

volleyball ping-pong aerobics frisbee dirt-bike riding

baseball wrestling jogging Wii-Fit chopping wood

other activity:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

List which component(s) of fitness you worked and your intensity level:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Date of made up Activity:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ time spent: \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent/coach signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Student signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_