

**PHYSICAL EDUCATION MAKE UP ASSIGNMENT**  
**MAKE UPS ARE FOR ABSENCES ONLY**

**Name (please print!)** \_\_\_\_\_ **Date** \_\_\_\_\_ **Day/Block** \_\_\_\_\_

**\*\* Deadline for submission is 2 weeks after the absence. \*\***

**\*\* You are only allowed to make up three "unexcused" absences! \*\***

In order to receive credit for a class absence or a one day medical excuse, you may choose to do one of the following:

- Participation in an after school workout with the physical education teacher responsible for the students attendance. This will be completed during after school help time. Students must speak to their physical education teacher to plan their make up.
  
- Choose a current event RELATED TO HEALTH, FITNESS, OR PHYSICAL EDUCATION from this week's newspaper, a current magazine, or online newspaper
  - Type a two paragraph review and reflection on this current event
  - In the first paragraph, give a brief description of the article. In the second paragraph, reflect on what the article was saying in relation to your life or views on the subject.
  - A copy of the article should be attached to your paper.

**This form MUST be handed in to your Physical Education teacher while attendance is being taken at the start of your Physical Education class. Please remember that you can only make up a swimming class by completing a make-up swimming class with your teacher!**

**All assignments must be stapled or paper clipped to this form or you will not receive full credit!**