

Absence Make-Up Form

All make-up activities must be a minimum of 30-45 minutes. Sport practices, team games, intramurals, walking, jogging, aerobics, yoga, strength training, hiking, biking, roller blading, pick-up games of team or individual sports all qualify. After completing the activity fill out the following information and get the signature of your supervising adult (parent, coach, sponsor, etc.)

Name:

Hour:

Date of Absence being made up for:

In paragraph form, describe the activity in which you chose to participate.

Analyze the activity you chose and identify the health-related physical fitness benefits that apply. (Cardiovascular endurance, muscular strength, muscular endurance, flexibility, body composition).

Student Signature: _____ Date: _____

Guardian Signature: _____ Date: _____

Sponsor Signature: _____ Date: _____