

## Physical Education Make-Up

Since participation affects your P.E. grade, make up work is highly recommended so you may earn your daily points. Each day missed is equal to a 1/2 hour to 45 minutes of missed activity time. Complete one of the following make-up assignments for each day absent or missed due to a medical reason.

### REMEMBER

\*MAKE-UP ALLOWED FOR EXCUSED ABSENCES OR MEDICAL EXCUSES ONLY

\*MAKE UP MUST BE COMPLETED AND TURNED IN WITHIN ONE WEEK OF THE ABSENCE

Choose from one of the following activities for one day of make-up  
(please circle the activity you choose to do)

Jog for 30 minutes or 1 mile

Bike for 45 minutes

Weight lift for 45 minutes

Use exercise equipment for 45 minutes

Brisk walking for 45 minutes

Aerobic exercise for 45 minutes

Sport activity, PE game, for 45 minutes (tennis, basketball, pickleball)

Your choice \_\_\_\_\_(pre-arranged with teacher)

One page persuasive paper on your performance with your pedometer

Physical Therapy (must have a note)

Clear your pedometer/apple watch/smart watch and show me, then get over 10,000 steps the next day.

\*These activities must be done on student's own time.

(Cashmere High School athletic practices or contests cannot be used for make-up.)

Student name \_\_\_\_\_ Period \_\_\_\_\_

Date of Absence \_\_\_\_\_ Date returned \_\_\_\_\_