Physical Education Activity Make-Up

All *excused* absences (due to illness or medical) may be made up for credit. In addition to the regularly scheduled make up days supervised by the PE staff, each student is allowed to complete **2** activity make-up sheets each semester in order to earn points back from your *excused* absence (10-20 points will be earned back for each, depending on what day the student was absent). All other make-ups needed will have to be done at Liberty (check the PE website for PE make up dates and times).

Students may make up missed workouts by participating in outside activities without school supervision. These make-ups must be pre-approved by your Physical Education instructor and completed within **2 weeks** of the missed workout. The facility supervisor must sign this form with a contact phone number for verifications, as well as a parent signature confirming participation.

Examples of appropriate make-ups include: exercising for 60 minutes at EH Fitness with proper verification and a detailed written workout below. Run or walk a 5K or 10K race then present completion certificate verifying your participation. After school or community sport practice is also acceptable provided it is under a coach’s supervision. Check with your PE instructor for ideas and approval, and make sure you can get the activity properly verified.

FITT PRINCIPLE DOCUMENT

**Date** \_\_\_\_\_\_\_\_\_\_\_ Date of Absence: \_\_\_\_\_\_\_\_\_\_\_

**I**ntensity: (circle one) low medium high

**T**ime: \_\_\_\_\_\_\_\_\_\_\_ (minutes)

**T**ype: \_\_\_\_\_\_\_\_\_\_\_ (circle one or more) aerobic muscular strength muscular endurance flexibility

Write a description of the activity you completed. Include **specific** exercises/activities that made up your workout. You may attach an additional sheet of paper if necessary.

Supervisor Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_

Parent / Guardian Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_

 *If you exceeded your allowable* 2 *outside make-up sessions, you must attend one of the supervised after school make-up days.*

*A schedule of make-up days and times will be posted on the PE website*