



## PE Make-Up



You may complete PE make-up points if you were absent or not participating because of an injury or illness.

PE make-ups must consist of 30 minutes of physical activity completed on your own time. You may complete up to 5 make-ups each quarter. Some sample activities include: walking, running, basketball, soccer, and organized sports practices. (If you have any other ideas, please talk with your PE Teacher.)

Student Name (first and last): \_\_\_\_\_ Period: \_\_\_\_\_

Activity Completed: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Coach Signature: \_\_\_\_\_