



Wauconda Middle School

Physical Education Make-up Form



Each student receives 10 points per day for participating in physical education class. Failure to participate due to an excused absence or parent note results in the loss of all 10 points. It is the students' responsibility to make up the work on their own time. Follow the directions below and return this form in order to receive credit.

Make-up work requirements:

- Student must participate in some sort of physical activity for a period of 30 minutes. (30 minutes for each day being made up)
- The physical activity must be one that increases the heart rate. Your heart must be beating faster at the end of the exercise/activity than it was at the beginning.
- If you participate in a competition or practice for a team (ex. 2 hour soccer practice) you may only use that activity to make up one day. You will have to pick another activity or another day of practice to make up a second absence.
- In order to obtain the credit for the make-up, you must complete this sheet and return it to your physical education teacher no later than one week before the end of the grading period.
- This sheet must be signed by a parent or guardian before it will be accepted.

Name: _____ Period: _____ Teacher: _____

Activity: _____ Duration: _____

Pre-Activity Heart Rate: _____ Post Activity Heart Rate: _____

**Please write a short paragraph describing what exercise/activity you did, how you felt during the exercise and why you felt the way you did?

Parent/Guardian Signature

Date