

PHYSICAL EDUCATION ACTIVITIES MAKE-UP

CHOOSE AN ACTIVITY:

SKATEBOARDING
TENNIS
SWIMMING
BICYCLING
HIKING
ROLLERBLADING
AEROBICS

GOLFING
WALKING
JOGGING
WEIGHT LIFTING
BASKETBALL
DANCING
SOFTBALL

PHYSICAL EDUCATION GRADES ARE BASED ON A DAILY PARTICIPATION GRADE OF FIVE POINTS PER DAY. WHEN ABSENT OR EXCUSED FROM ACTIVITY, A STUDENT MUST MAKE UP THE PARTICIPATION CREDIT DURING THE STUDENT'S OWN TIME. (THIS DOES NOT INCLUDE SCHOOL RELATED ABSENCES SUCH AS FIELD TRIPS OR EARLY DISMISSALS FOR PARTICIPATION IN ATHLETIC EVENTS). STUDENTS WILL HAVE ONE WEEK FROM THE DATE THEY RETURN TO SCHOOL TO COMPLETE A MAKE-UP. FOR MULTIPLE DAY ABSENCES, MAKE-UP MAY BE ARRANGED WITH THE INSTRUCTOR BUT MUST BE STARTED WITHIN ONE WEEK OF THE STUDENT'S RETURN TO SCHOOL. A PARENT SIGNATURE IS REQUIRED AS VERIFICATION OF A COMPLETED ASSIGNMENT. ABOVE IS A LIST OF ACTIVITIES THAT THE STUDENT MAY CHOOSE FROM,

*OTHER ACTIVITIES MAY BE ACCEPTABLE WITH PRIOR APPROVAL OF THE INSTRUCTOR. IT IS EXPECTED THAT THE STUDENT DOES A PROPER WARM UP BEFORE THE ACTIVITY AND A COOL DOWN FOLLOWING.

THE ACTIVITY CHOSEN MUST BE DONE FOR THIRTY MINUTES TO MAKE UP ONE DAYS ABSENCE. THE MAKE-UP FORM MUST BE FILLED OUT CORRECTLY STATING THE ACTIVITY, DURATION, AND THE DATE COMPLETED. THE FORM MUST BE SIGNED AND DATED BY BOTH THE STUDENT AND THE LEGAL GUARDIAN.

DATE OF ABSENCE _____ ACTIVITY _____

DURATION _____ (MINUTES) COMPLETED ON _____ (DATE)

STUDENT SIGNATURE _____ DATE _____

PARENT OF LEGAL GUARDIAN SIGNATURE _____

DATE _____

THIS FORM MUST BE TURNED IN WITHIN ONE WEEK OF THE STUDENT'S ABSENCE!

TOUTLE LAKE PE

- 1. STUDENTS MUST BE DRESSED DAILY FOR PE. APPROPRIATE DRESS CAN INCLUDE SHORTS, SHIRT, SWEATSHIRT, SWEAT PANTS, SPANDEX, AND A PAIR OF TENNIS SHOES. SHOES MUST BE SUITABLE FOR USE ON GYM FLOOR. CLOTHES THAT WERE WORN TO SCHOOL MAY NOT BE WORN FOR PE. STUDENTS NOT SUITED FOR PE WILL RECEIVE A DETENTION AND ZERO POINTS FOR THE DAY. NON-SUIT POINTS CANNOT BE MADE UP. NOT DRESSING DOWN PROPERLY FOR PE WILL RESULT IN DETENTION ALONG WITH THE LOSS OF PARTICIPATION POINTS FOR THE DAY.**
- 2. STUDENTS WILL START EVERYDAY WITH 5 PARTICIPATION POINTS. POINTS WILL BE TAKEN AWAY FOR NON-PARTICIPATION IN ACTIVITIES, POOR SPORTSMANSHIP, FOUL LANGUAGE, TARDINESS, NOT PARTICIPATING IN WARM-UPS, NOT FOLLOWING RULES, CHEWING GUM DURING CLASS, DISRESPECTFULNESS TO TEACHER OR OTHER STUDENTS, AND NON-SUITS. THESE DAILY POINTS CANNOT BE MADE UP. GRADES WILL BE BASED ON PARTICIPATION POINTS ALONG WITH ANY FITNESS OR PHYSICAL TESTS GIVEN.**
- 3. WHEN STUDENTS ARE ABSENT THEY RECEIVE ZERO POINTS FOR THE DAY. MAKE UP WORK (30 MINUTES OF EXERCISE AT HOME FOR EACH DAY MISSED) MUST BE TURNED IN WITHIN ONE WEEK OF STUDENT'S ABSENCE TO RECEIVE CREDIT FOR DAYS MISSED. MAKE UP WORK MUST HAVE THE SIGNATURE OF A PARENT OR GUARDIAN. A MAKE UP SHEET IS PRINTED ON THE BACK OF THIS PAPER. POINTS ARE NOT DEDUCTED FOR SCHOOL RELATED ABSENCES SUCH AS FIELD TRIPS OR PARTICIPATING IN SCHOOL ATHLETIC EVENTS.**
- 4. A STUDENT MAY BE EXCUSED FROM PE FOR THE DAY DUE TO ILLNESS OR INJURY BY THE PARENT SENDING A NOTE WITH THE STUDENT THE DAY THAT THEY NEED TO SIT OUT. A PARENT MAY EXCUSE THEIR SON/DAUGHTER FOR TWO CONSECUTIVE DAYS. AFTER THAT THE STUDENT NEEDS TO RETURN TO PARTICIPATION OR BRING IN A DOCTOR'S NOTE TO EXCUSE ANY FURTHER LACK OF PARTICIPATION. DAYS EXCUSED BY PARENT NOTES WILL NEED TO BE MADE UP JUST LIKE THOSE FOR ABSENCES.**
- 5. A STUDENT EXCUSED FROM PE BY A PARENT FOR THE DAY DUE TO ILLNESS OR INJURY MAY NOT PARTICIPATE IN AFTER SCHOOL ATHLETICS. A NON-SUIT DURING PE WILL ALSO ELIMINATE THE STUDENT'S PARTICIPATION IN AFTER SCHOOL ATHLETICS. SCHOOL ATHLETIC UNIFORMS MAY NOT BE USED AS PE CLOTHING.**
- 6. CLOTHES AND PERSONAL BELONGINGS IN THE LOCKER ROOM SHOULD BE LOCKED AT ALL TIMES, EVEN DURING THE CLASS PERIOD. LOCKS WILL BE CHECKED OUT TO STUDENTS UPON REQUEST. A \$6.00 FEE WILL BE CHARGED TO STUDENTS WHO LOSE SCHOOL LOCKS. STUDENTS WILL NOT BE ALLOWED IN THE LOCKER ROOM DURING CLASS TIME.**

PLEASE SIGN BELOW AND RETURN THIS SHEET TO YOUR PE TEACHER.

STUDENT SIGNATURE _____

PARENT SIGNATURE _____