

PE Absence Make-up Sheet

Directions: For each day you are absent, you must complete 30 minutes of an aerobic-type activity. (Activities that make you breathe hard, make you sweat). Examples would include running, jumping on a trampoline, after school sports, brisk walking, etc. Complete one of these slips for each day you missed. The absence must be made up within one week of your return to school. 😊

Name: _____ Date of Absence: _____

Home Room Teacher: _____

Describe Activity:

Length of Time: _____

Student Signature: _____ Parent Signature: _____

PE Absence Make-up Sheet

Directions: For each day you are absent, you must complete 30 minutes of an aerobic-type activity. (Activities that make you breathe hard, make you sweat). Examples would include running, jumping on a trampoline, playing basketball, brisk walking, etc. Complete one of these slips for each day you missed. The absence must be made up within one week of your return to school. 😊

Name: _____ Date of Absence: _____

Home Room Teacher: _____

Describe Activity:

Length of Time: _____

Student Signature: _____ Parent Signature: _____