

Physical Education Excused Absence Make Up Sheet

K-8th grade (students have 2 weeks from absence to make up assignment)

K-2 Exercise for at least 30 minutes doing something you enjoy with family or friends.

3-8th Exercise for at least 45 minutes doing something you enjoy with family or friends.

For example:

Go for a jog, ride your bike, play catch, in-line skating, soccer game, etc.

Name of Student (First & Last): _____ **Grade:** _____

Date of Absence: _____ **PE Teacher:** _____

The type of activity: _____

Duration of Activity: _____

Who participated with you? _____

How did you feel during the exercise? _____

Parent/Guardian signature: _____ **Date:** _____

Daytime phone number or email: _____

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