

Make-up work for an absence

You were absent from Physical Education class.

To make up each absence(s) you have two options:

- 1) Type a one page report in 12 point font, or hand write a two page report on the following topics: You can only do two reports per term.**

A sport, an athlete, or any of the five health components: muscular strength, muscular endurance, flexibility, cardiovascular endurance, or body composition.

- 2) Do a 30-minute workout in the weight room, before or after school. Before school and Friday after school workouts need to be scheduled with the teacher. Monday – Thursday after school the weight room is open. Sign in on the paper attached to the cabinet in the Northwest corner of the weight room.**

Reports or workouts must be completed within one week from the date of your absence(s).

If you elect to not make up your absence, eight points will be deducted from your grade for each day absent.

There are books in the library, and the internet where you can find the needed information.