

Student Confirmation of Outside Physical Activity for Make-Up

Student name: _____

To make up any absence from Physical Education (except Doctor's Excuses), the student must fulfill one of the following requirements:

- 1) jog/walk 2 miles in 25 minutes or less,
- 2) participate in 30 minutes of continuous aerobic exercise or,
- 3) participate in one hour of continuous physical activity.

If you have any question about whether or not your activity will qualify contact your Physical Education instructor ahead of time. Use this form to document your participation in physical activity.

Remember you must make up missed classes within 10 days.

If the physical education teacher cannot reach the contact person, the student will not receive credit for the activity.

Describe the activity in which you participated to meet the make up requirements.

Describe the component(s) of fitness benefited from the activity.

Time and date you completed the above activity.

Date: _____

Time started: _____

Time concluded: _____

Total activity time: _____

Identify the contact person (adult) to verify you participated in the above activity.

Name of contact person: _____

Position of person (coach, teacher, parent, etc.): _____

Contact person phone number: _____

Best time to call: _____

P.E. teacher's signature to confirm acceptance of this form for credit:
