

PHYSICAL WELLNESS MAKE-UP

Physical Wellness is a participation class. The goal of make-up work is to help the student achieve the desired benefits that physical activity brings. In order to make up an absence, the student must **complete** a minimum of **30 minutes** of **physical activity**, and then have an adult witness (Legal Guardian, or coach) sign off stating the completion of the activity. This form must then be returned to the student's physical wellness teacher on or before one week to the end of the quarter in which the absence occurred.

Approved activities include: all after school sports (football, basketball, gymnastics, wrestling, dancing, volleyball, baseball, swimming, lifting, etc.) and other activities in which the students heart rate is being elevated (walking, running, biking, cleaning the house, etc.).

Student Name: _____ Period: _____ (example=2B or 7A)

Date of Absence: _____ P.W. Teacher: _____

Description of Activity Completed: _____

Length of Time: _____ (example=1 hour or 2.5 hours)

Adult Witness Signature: _____ Date: _____

Student Signature: _____ Date: _____

Be Safe, Be Responsible, Be Respectful, and Be a Learner

