

Bellingham High School



Physical Education Activity Make-Up



All *excused* absences and medical excuses must be made up for credit. Each student is allowed to complete **3** activity make-up sheets each semester to earn points back from your *excused* absence. To receive full credit, this activity sheet must be returned to your teacher within **5** school days from the date of your absence. For your *excused* absence, you may substitute an activity that takes place for a minimum of **60** minutes. Missed days maybe made up with a variety of activities. Below are listed various activities you may choose. Your options however are not limited to those listed. If your activity is different from those listed, check with your PE teacher to make sure it is valid.

Bicycling	Aerobics	Jogging	Ice Skating	Jump Rope	Roller Blading
Basketball	Swimming	Skiing	Racquetball	Tennis	Soccer
Golf	Football	Wrestling	Baseball	Softball	Volleyball
Dance	Martial Arts	Running	Hiking	Yoga	Walking

Frequency = 1 time

Date of Absence: _____

Intensity (circle one) = low medium high

Date of Make-Up: _____

Time= _____ minutes

Type= _____ aerobic muscular strength muscular endurance flexibility

Write a brief description of the activity in paragraph form. You need to use complete sentences, proper grammar and spelling.

Parent/Guardian Signature: _____ **Phone:** _____

Student Signature: _____ **Date:** _____