PHYSICAL EDUCATION ABSENCE MAKE UP FORM Name: Grade: Teacher: _____ Date of Absence: _____ Sport or Physical Activity: _____ In order for you to receive credit for a day in which you were absent, please complete 30 minutes of physical activity. In a paragraph, 3-5 sentences, describe the activity you completed and how you incorporated the following areas of fitness in your activity. Please put a check mark next to the components of fitness that you improved. Muscular Strength: _____ Muscular Endurance: _____ Flexibility: _____ Cardiovascular Endurance: _____ (Use the back of this paper if more space is needed.) Parent or Coaches Signature: _____

** Return this form within one week or your absence to receive credit for the day(s) you were not in physical education class. **