

BMS Physical Education Make-up Sheet

Student name: _____

Class period: _____ Number of days absent: _____

Date of absence(s): _____

Each student can earn up to 20 points per day for participation in class activity. All absences, including any school function that takes the student away from their physical education class (ex. Field trip), must be made up **within 5 school days of returning to school**. The student must be active for 30 minutes to make-up each absence.

Below is a list of acceptable activities that may be used to complete this assignment. This form may be used for more than one absence if necessary. Each activity may be used more than once. Ex. You may walk for 30 minutes twice for 2 days absent.

| Activity | Time | Date |
|-------------------|------|------|
| Aerobics | | |
| Baseball/Softball | | |
| Basketball | | |
| Bicycling | | |
| Cheerleading | | |
| Dancing | | |
| Football | | |
| Horseback Riding | | |
| Jogging | | |
| Lacrosse | | |
| Martial Arts | | |
| Skateboarding | | |
| Skating | | |
| Snow Sports | | |
| Swimming | | |
| Soccer | | |
| Tennis | | |
| Track and Field | | |
| Volleyball | | |
| Walking | | |
| Wrestling | | |
| Yard Work | | |
| Other | | |

A parent/guardian, team coach, and/or class instructor may sign to verify any activity completed.

Signature of Parent/Guardian: _____ Date: _____

Signature of Coach/Instructor: _____ Date: _____