

PHIL ED MAKE-UP FORM (Activity Option)

Name _____ Date Missed _____

Reason for absence _____ Date Due (one week) _____

A student may elect this option for make-up of participation missed due to an excused absence. This activity must be one hour in length to make-up for one day missed class. This activity may be an extra-curricular sports practice (contests do not count). Make-up will be equal to the participation assessment for the day absent. Evaluation of the make-up work will be based on the quality of the report turned in.

Recommended Categories (Activities) for Make-up:

Aerobic Activities: running, speed walking, aerobic dances, x-country skiing, cycling, skating, roller-blading, dancing, Nordictack, stairmaster, treadmills, lap swimming and other similar approved activities.

Recreational Activities: basketball, hockey, broomball, martial arts, raquetball, soccer, tennis, volleyball, football, skateboarding, snowboarding, water skiing, softball, baseball, rock climbing, downhill skiing, fishing, hunting, gardening or other similar approved activities.

Leisure Activities: golf, bowling, canoeing, yard work, mowing, snow shoveling, leisure walking.

Strength and Flexibility Activities: strength training, muscle toning, using video exercise tapes.

ACTIVITY REPORT

Category _____ Activity _____

Date _____ Start time _____ End time _____

Benefits of Activity _____

Activity Description: (Where, with whom, scores, details, etc.) _____

Verification signature(Required) _____ date _____

Your Signature _____ date _____