

Miller Junior High School
Absence Make-Up Slip
Physical Education

Name _____

Period _____ Date of Absence _____

Activity _____

Length Of Time 30 min

I confirm that my son/daughter did complete the above activity for the specified time.

Parent or Guardian Signature

Directions:

You have the choice of making up P.E. time at home by participating in a continuous AEROBIC activity for 30 (or more) minutes. *If form is signed by parent or guardian, then full credit will be given for days absent. You must turn in form in class, not your parents!!* You can make up one per day.

Some Examples Of Acceptable Activities:

Swimming - Bicycling - Weight Training - Jogging
Speed Walking - Aerobics - Hiking - Basketball

Some Sample Activities Not Acceptable:

Miller Sports Practice - Horseback Riding - Lawn
Darts - Using Riding Mower - Paper-Route

- You should do something for makeup that you would not be doing anyway (sports practice, paper route) and should involve some strenuous activity. If you are in doubt that an activity is acceptable or not, please ask ahead of time.

- This activity will not excuse you from making up missed skill or written tests, or fitness tests/runs.