

*DUBRAY* Middle School  
**PHYSICAL EDUCATION ACTIVITY MAKE-UP ASSIGNMENT**

Name: \_\_\_\_\_ P.E. Hour: \_\_\_\_\_ Date \_\_\_\_\_

To receive credit for activity time lost due to an absence from class, you may substitute another activity to fulfill the daily participation requirements in Physical Education. Below we have listed a variety of activities from which you may choose. You are not limited to the activities listed. If you choose an activity other than those listed, it must be pre-approved by your P.E. teacher. To obtain credit, fill out this form completely and obtain verification of the activity from your parent or guardian.

For each day of PE to be made up, you are required to perform an activity for a minimum of **thirty minutes**. Team athletic practices/games, dance/cheer class, martial arts and gymnastics practice are acceptable. You have one week for each day absent to complete and hand in this activity assignment.

**Activity Options:**

Bicycling, Roller Skating, Aerobics, Jogging/Running, Fitness Walking, Ice Skating, Jump Rope, Roller Blading, Lap Swimming, Weight Training, Exercise Videos, Tennis, Racquetball, Nordic Track, Treadmill, Tae Bo, Yoga.

Date of Absence: \_\_\_\_\_

Date of Activity: \_\_\_\_\_ Duration of Activity: \_\_\_\_\_

Using complete sentences, describe the activity:

Using complete sentences, explain why you selected this activity?

What health benefits do you think you may have gained from participating in this activity?

Student Signature: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

OR

Coach/Instructor Signature: \_\_\_\_\_

**IF YOU DO NOT COMPLETE THIS FORM CORRECTLY, YOU MAY NOT RECEIVE CREDIT.**