

## PE Absence Make-up Sheet

Directions: For each day you are absent, you must complete **30 minutes** of **aerobic-type** activity (activities that make you breathe hard, and make you sweat). Examples would include running, jumping on a trampoline, riding a bike, playing basketball, swimming laps, etc. Complete one of these slips for each day missed. The absence must be made up within one week of your return to school.

Name: \_\_\_\_\_ Period: \_\_\_\_\_ Date of Absence: \_\_\_\_\_

Describe Activity: \_\_\_\_\_  
\_\_\_\_\_

Length of Time: \_\_\_\_\_

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Parent Phone Number

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