

PHYSICAL EDUCATION MAKE-UP FORM

BARTLETT HIGH SCHOOL PHYSICAL EDUCATION

Bartlett High School's Physical Education philosophy is to secure and maintain as high a level of physical activity as is practical for each student. Our program will provide opportunities for students to develop a working knowledge of fitness and lifetime leisure activities. In an effort to encourage our students to be active in their lifestyles, we offer this opportunity to do Physical Education make-up work outside of school. Students may make-up two classes per nine weeks with this form. We ask that the following guidelines be followed;

- **The activity lasts at least forty minutes.**
- **The activity is not part of a sport or club program that is a part of the student's normal activity (i.e., a practice for interscholastic sports or a club team would not be acceptable). We want this activity time to be separate from the weekly routine.**
- **The activity can be fitness related or skill related. We've provided a list of recommended activities below.**
- **The make-up must be completed within 1 week of an excused absence and prior to the end of the grading period.**
- **The parent must sign the make-up form assuring that the guidelines are followed. We'll even give "extra credit" if you participate with your son or daughter!!!**

Recommended activities (you may think of others):

jogging	weight training	golf
lap swimming	cross country	tennis
	skiing	
long aerobic	ice skating	racquetball
walking		
stretching	bowling	step aerobics
exercises		
exercise videos	roller skating	downhill skiing
bicycle riding	in-line skating	self defense classes

These recommendations can also include team games your student could organize with others such as basketball, volleyball, touch football, softball, soccer, etc.

We hope this is helpful in providing your son/daughter with the chance to make-up work. The aim of this program is to accomplish two goals;

- **to achieve higher Physical Education grades by our students, and**
- **to help our students recognize the benefits (and fun) of a healthy lifestyle.**

If you have any questions please call your student's teacher at 372-4700. Feel free to call me, at 372-4700 EXT. 4622 , with your input on this program.

Thank you,

Jennifer Haley
DE/HE/PE Department Chairperson



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Student's Name _____

Type of Activity _____ **Date** _____

How long did the student perform the activity? _____

Parent/Guardian Signature _____

Home Phone _____ **Work Phone** _____

Did the parent participate also ? **YES** **NO**