

Streamwood High School Physical Education Make-Up Form



Streamwood 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 excused classes per nine weeks with this form. **The following guidelines should be followed:**

- The activity last at least forty-five minutes.
- The activity is not part of a sport or club program that is 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 to be separate from their weekly activity.
- The activity can be fitness related or skill related. We have provided a list of recommended activities below.
- The make-up must be complete within one (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.
- Unexcused absences and no-dresses may not be made up.

Recommended Activities (You may think of others)

- | | | |
|------------------------|-----------------------------|------------------------|
| - Jogging | - Weight Lifting / Training | - Tennis |
| - Swimming | - In-Line Skating | - Racquetball |
| - Walking | - Roller Skating | - Cross Country Skiing |
| - Stretching Exercises | - Ice Skating | - Boxing |
| - Aerobics | - Bowling | - Karate |
| - Downhill Skiing | - Golf | - Snowboarding |
| - Self Defense Classes | - Ping Pong | - Exercise Video's |

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

We hope this is helpful in providing your son/daughter with the opportunity to make-up work.

The aim of the program is to accomplish three goals:

- To achieve higher PE grades by our students.
- To help our students recognize the benefits and fun of a healthy lifestyle.
- To teach the students responsibility.

If you have any questions, please feel free to call your student's teacher at (630) 213-5500.

Thank you,

Physical Education Staff
Streamwood High School

See Reverse Side for Make-Up Form

**Streamwood High School
Physical Education Make-Up Form**



Student's Name: _____

Type of Activity: _____ Date: _____

How long did the student perform the activity? _____

Fitness Center Instructor Signature: _____

Or

Parent/Guardian Signature: _____

Home Phone: _____ Work Phone: _____

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PLEASE GO TO THE PE WEBSITE FOR ADDITIONAL FORMS