

## Physical Education Make-Up Contract

\_\_\_\_\_ has been absent/excused for more than 1 day this unit. The student needs to complete \_\_\_\_\_ minutes of physical activity by the following date \_\_\_\_\_. The physical activity needs to be above his/her normal activities, school or community teams are not acceptable for make-ups. Some examples of acceptable physical activity are the following: swimming, jogging, power walking, tennis, and bike riding.

Please write the activity and time (can be in 15 min. segments) completed. **Students that do not complete the contract will not earn 20 points for each day they missed. 60 minutes of activity is required for every day the student misses after 1 day.**

| Activity | Time  |
|----------|-------|
| _____    | _____ |
| _____    | _____ |
| _____    | _____ |
| _____    | _____ |
| _____    | _____ |
| _____    | _____ |
| _____    | _____ |
| _____    | _____ |
| _____    | _____ |
| _____    | _____ |

**Student's signature**  
\_\_\_\_\_

**Parent's signature**  
\_\_\_\_\_