

# Physical Wellness Make Up

C.R. Anderson Middle School

Grades 6-8

Physical Wellness is a participation class. The goal of make up work is to help the student achieve the desired benefits that physical activity affords. In order to make up an absence, the student must complete a minimum of **30 minutes of continuous physical activity per absence**, and have an adult witness sign at the completion of that activity. This form must be signed and returned **within one week of the absence**.

Suggested activities include: all after school sports; football, basketball, gymnastics, running, biking, etc. In the case of organized sports, the adult witness would be the coach.

\*Note: On days that a health activity is taught and a written assignment is due, students will be required to complete the health activity as make up work.

Name: \_\_\_\_\_ Period \_\_\_\_\_

Date of absence: \_\_\_\_\_

Description of activity: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Length of time: \_\_\_\_\_

Instructor/Coach/Parent Signature Only

\_\_\_\_\_ Date \_\_\_\_\_