

PHYSICAL EDUCATION
MAKE UP OR EXTRA CREDIT

DEAR PARENT OR GUARDIAN:

Physical Education is an important part of your child's day. Motor and physical fitness skills are valuable and will become even more so as your child grows into adulthood and enters the often sedentary workplace. Our physical education classes are graded on a point scale and points are earned by actively participating on a daily basis. If your child is absent at any time, it will affect their grade.

Since we cannot predict absences, we have developed this form in order to help your child improve their grade. On the back of this sheet, please list the activity and the amount of time your child is engaged and sign your name validating this. If you care to join them in their quest to improve their fitness level and grade, they will receive double the points that they earn on those activities.

We appreciate any students that are concerned enough about their grade to complete extra credit or make up their absences. We will allow the students to move up a maximum of one grade if they have enough extra credit points. The reason that we only allow a one grade jump is because we do not want students to do this in lieu of coming to physical education.

Thank you for your support and cooperation in this matter. If you have any suggested activities to add to our list, please feel free to let us know.

PHYSICAL EDUCATION TEACHER

POSSIBLE ACTIVITIES

EACH ITEM IS WORTH 2 POINTS (Example: 1 hour of swimming = 4 points)

Swimming	30 minutes	Tennis	1 hour
Bicycling	30 minutes	Water Skiing	1 hour
Skating	30 minutes	Snow Skiing	1 hour
Running	30 minutes	Aerobics	1 hour
Rollerbladding	30 minutes	Racquetball	1 hour
X-Country Skiing	30 minutes	Team Sport	1 hour
Rollering Hockey	30 minutes	Martial Arts	1 hour
Walking	1 hour	Horseback Riding	2 hours
Weightlifting	1 hour	Motor Cross	2 hours
Chores (chopping wood, cleaning stalls, etc)		1 hour	

NAME: _____

	<u>DATE</u>	<u>TIME</u>	<u>ACTIVITY</u>	<u>PARENT SIGNATURE</u>	<u>PARENT INVOLVED</u>
1.	_____	_____	_____	_____	_____
2.	_____	_____	_____	_____	_____
3.	_____	_____	_____	_____	_____
4.	_____	_____	_____	_____	_____
5.	_____	_____	_____	_____	_____
6.	_____	_____	_____	_____	_____
7.	_____	_____	_____	_____	_____
8.	_____	_____	_____	_____	_____
9.	_____	_____	_____	_____	_____
10.	_____	_____	_____	_____	_____
11.	_____	_____	_____	_____	_____
12.	_____	_____	_____	_____	_____
13.	_____	_____	_____	_____	_____
14.	_____	_____	_____	_____	_____
15.	_____	_____	_____	_____	_____
16.	_____	_____	_____	_____	_____
17.	_____	_____	_____	_____	_____
18.	_____	_____	_____	_____	_____
19.	_____	_____	_____	_____	_____
20.	_____	_____	_____	_____	_____
21.	_____	_____	_____	_____	_____