

Physical Education Excused Absence Make Up Sheet

Exercise for at least 45 minutes doing something you enjoy with family or friends.

For example:

Go for a jog, ride your bike, play catch, in-line skating, soccer game, etc.



Name of Student (First & Last): _____ Grade: _____

Date of Absence: _____ PE Teacher: _____

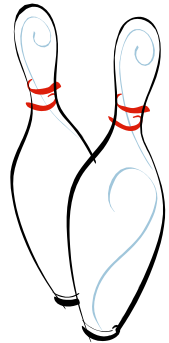
The type of activity: _____

Duration of Activity: _____

Who participated with you? _____

How did you feel after exercising? _____

Parent/Guardian signature: _____ Date: _____



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