



Make up Fitness Activity Assignment Form
(60 minutes of activity makes up one absence for 10 points)

Name _____ Date of absence(s) _____

Teacher (circle): Houston White Geiger Blair

This assignment allows you, the student, to make up points lost due to an excused pre-arranged absence, injury, or illness which prevented you from participating in Fitness class. The chosen activity needs to be pre-approved by the teacher before you complete the make up assignment. This form is to be completed by you and signed by a parent/guardian. Please note that regular scheduled practices and games are not acceptable for make up points. All make up work is due within two (2) weeks of your excused absence.

The activity chosen must be a vigorous nature and it must continue for 60 minutes. Each 60 minute workout makes up for one absence of class.

Examples of activities include: bike riding, brisk walking, jogging, swimming, weight lifting, aerobics, skiing, vigorous yard work, snorkeling, etc.

Name of activity: _____

Physical benefit of activity (a complete paragraph explaining how the activity chosen benefits your body)

Where activity took place (home, Lacamas Swim & Sport, 24 hour Fitness, Hawaii, other)

Day, Date activity was completed _____

Time activity started _____ Time activity ended _____

Parent/Guardian signature _____ Date _____