

NAME (first & last): \_\_\_\_\_

PERIOD: 1 2 3 5 6 7

## PHYSICAL EDUCATION ABSENT SHEET

Each time you are absent from Physical Education class, 30 minutes of physical activity outside of school is required to make up the missed class time. Please complete the following form and return it to your teacher within one week in order to receive class credit for the time of your absence.

Number of days absent: \_\_\_\_\_

Total time of activity: \_\_\_\_\_

DATE	ACTIVITY ex. Sit-ups, push-ups, sport practice, dance, riding your bike	MINUTES OF ACTIVITY

Parent/Guardian Signature: \_\_\_\_\_

