**AEROBICS/P.E. MAKE-UP POLICY**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Absence: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Period: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Today’s Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Make-up Assignments will be accepting according to the following guidelines:**

1. Each student will be allowed to make-up 3 absences for their participation grade.
2. Make-up work must be completed and submitted to the teacher within 2 weeks of the absence.
3. Absences must be excused through the attendance office in order to receive make-up credit.

**Students must complete BOTH requirements #1 & #2 to make-up one absence.**

REQUIREMENT #1:

 The student must participate in 60 minutes of aerobic exercise.

This may include a combination of any of the following: High/Low Impact Aerobics, Step Aerobics, Toning/Strengthening Exercises, Weight Lifting, Fast Walking, Jogging, Spinning, Swimming, Cross-Country Skiing, Treadmill, Stairmaster, Tai-bo, Kickboxing Aerobics, Cross-Fit, and Zumba.

Remember, for it to count as aerobic exercise, your heart rate must be in your PTZ for at least 20 minutes.

Please write down which activities you participated in for the 60 minute segment:

DATE ACTIVITY PARTICIPATION TIME

TOTAL\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

REQUIREMENT #2:

 The student must write a one page summary of any fitness or health related article and attach a copy of the article. Use the back of this page to write the summary of the article. If the student was absent three times, there must be three articles.

I certify my child did one hour work-out per absence \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (Parent Signature)