

# HILLCREST PHYSICAL EDUCATION MAKE-UP SHEET

To receive credit for missed Physical Education class students must complete 30 minutes of moderate physical activity outside of class for everyday missed. In the area provided below, list the activity and the duration of exercise. Parent signature is required to validate that activity took place. Students have two weeks from day missed to make-up points

*Example*

Activity	Duration	Date:
Walk with parent	30 minutes	9/10/15

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Activity	Duration	Date:
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Activity	Duration	Date:
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Activity	Duration	Date:
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Activity	Duration	Date:
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Student Name:

Period:

Parent Signature:

Date:

