Nathan Hale High School Physical Education Make-up Sheet

Each day’s activities are an assignment and your son’s/daughters participation in them is the most important aspect in determining their grade. Absences need to be made up so the students participation grade will not be negatively impacted. This sheet is offered to allow a student to make-up time missed from an absence. This make-up sheet can be used for 10 absent days. This make-up will remove the 0 for the day and replace it with full credit (10 points).

* Excused absences may be made up using this make-up sheet.
* Unexcused/ non-participation days may **not** be made up with this make-up form.

**Physical Education Make-up Form**

**Circle the name of the Physical Education Teacher that you are making up an activity for.**

**Mr. Ehret Mr. Rosa Mr. Heller Mr. Pritzl Ms. Townsend**

This make-up form must be signed by a parent/guardian and the student making up the absence. This must be returned with in (**2**) weeks of the excused absence in order to receive credit. The make-up form must be completely filled out honestly by the student and parent/guardian.

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Circle** the hour you are in: **1st 2nd 3rd 4th 5th 6Tth 7th**

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

Date of Make-Up: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Write Which Make-up Option Selected Below

**1.** **Attend Make-Up PE Zero Hour.**

1. Every Wednesday, Mr. Rosa will be in the athletic area doing his own workout in the morning. You will be given a workout or activity that will make up your day upon completion. Arrive at 7:00 am, so that the workout/activity is done before 1st period.

**2.** **Spectator Review**

a. Attend and observe a sporting event involving Nathan Hale High School. Attend the entire event and write a 1 page analysis of the event. This should be pre-arranged with your PE teacher prior to attending the event.

b. The Review should include the following

i. Your name

ii. Date you were absent and the date you completed the article

iii. Event you watched

iv. Date and place the event took place

v. Teams competing against each other

vi. Final Score

vii. Type of offense and type of defense played

viii. Two rules associated with the game that you watched

ix. Strengths and weaknesses of the teams you watched

x. Your reflection on the event

xi. Parent/Guardian signature.

**3.** **Vacation Journal**

a. This must be prearranged with a conversation between your teacher and your parent/guardian. The guidelines will be set with your parents and teacher and communicated. Please be sure to communicate to your teacher your intention to complete this project.

**4.** **Complete a Knowledge Activity**

a. Read an article in the sports section of the newspaper and write a 1 page analysis. Be sure to submit a copy of the article with the analysis.

b. Read an article in a sports magazine and write a 1 page analysis. Be sure to submit a copy of the article with the analysis.

c. Read an article from a reputable sports website and write a 1 page analysis. Be sure to submit a copy of the article with the analysis.

d. Read a short biographical sketch about a noted sports figure from the unit you are in and write a 1 page analysis.

e. The analysis must include the following:

i. Name

ii. Date you were absent as well as the date of the current assignment

iii. Publication information

iv. Author

v. Major theme of the article

vi. Your own reflection on the article

vii. Parent or Guardian signature on the assignment

Thank you in advance from the Nathan Hale Physical Education Teaching Staff. Please feel free to contact us if you have any questions or concerns.