Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PE Teacher\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Hopewell High School

 Girls’ Physical Education Make-Up Form

A student cannot earn participation points when they are not in class. Excused absences may be made-up and the points earned if the student follows the following guidelines.

1. The activities must last at least 30 minutes.
2. This form must be completed and returned to the student’s PE teacher.
3. **Attend a PE class during a study hall.**

Class period attended \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of PE teacher who taught the class \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **Home Fitness (can be used one time per 9 weeks)**

Describe the activity in which you participated \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of adult supervisor\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Did a family member join you? Yes/ No

1. **After/Before School Make up: Cardio Room, Wt. Room, Track**

Describe the activity in which you participated.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What machine (s) did you use?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cardio room: Heart rate?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Machine level?\_\_\_\_\_\_\_\_, Distance?\_\_\_\_\_\_\_\_\_\_\_\_\_

What weight did you lift?­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, Number of reps?\_\_\_\_\_\_\_, Number of sets?\_\_\_\_\_\_\_,

How many laps did you walk, run?\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of adult supervisor\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. **Obsevation of a Varsity Athletic Contest**

You are required to observe a Hopewell Varsity athletic event (Soccer, Wrestling, Swim Meet, etc)

Following your observation you are to type at least one paragraph to answer each of the following questions.

\*Describe any strategies you observed from the coach, the team, or an individual athlete. Were these strategies successful? Explain why or why not>

 \*Cite examples of both good and bad sportsmanship that you observed.

\*Describe any unusual or controversial interpretation of a rule that governs the play of the event which you attended. Were the rules enforced consistently & correctly? Explain.

\*What did you learn, not understand, or enjoy about this sporting event?

Attach this sheet to your observation assignment.

1. **Article Reaction**

Type a one page reaction to a periodical article you have read which relates to the activity you missed. Be careful not to plagiarize the article in the paper. Attach a copy of the article to your typed assignment when you turn it in. The following questions need to be answered.

 -What was the article about?

 -What did you find interesting about this article?

 -How does this article relate to the class you are making up?

 -What did you learn from this article?

 -What are three new words you could add to your vocabulary?

1. **Physical Education Learning Packet**

Your teacher will give you an appropriate learning packet to read and complete. The learning packet includes information on the sport, questions to be answered, and crossword and word search activities.

You will have the same amount of days that you were absent to complete the assignment. Each day absent will require its own make up assignment.