

The activity must be a minimum of 60 minutes for each PE class missed. You must fill out one sheet for each absence.

Name (please print) \_\_\_\_\_

Today's Date \_\_\_\_\_ Date of Absence \_\_\_\_\_ Class Period \_\_\_\_\_ Day 1 Day 2

Requirements: **5 complete and detailed sentences**

**Justification for your reasoning**

**Follow all directions**

**Student must complete this form**

**This sheet will be returned to you until you have sufficiently met the requirements.**

Write at least **5 complete and detailed sentences** explaining the physical exercise you participated in. (CC STANDARD W.7.2)

**Please cite specific evidence in your reflection of the activity, to justify why** it should be considered as a substitute for the exercise you missed during class. (CC STANDARD RL.7.1)

**SAMPLE SENTENCES:** I played soccer with my friends last Saturday for 70 minutes. Not only is this more than the length of time that I'm in class, but I increased my heart rate, challenged me physically and worked my muscles.

**SAMPLE ACTIVITIES:** swimming, bike riding, basketball, hiking, etc. It can be a practice or just playing with friends/family on the weekend, but it must be ONE activity for a minimum of 60 minutes. (No video games, including Wii).

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**How long did you participate in this activity? \_\_\_\_\_ minutes/hours**

Please remember, you have two weeks: 14 days from the day you return to school, to make up your absence.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent Signature