

MAGNOLIA INTERMEDIATE SCHOOL
22431 Kingston Lane
Grass Valley, CA 95949

PHYSICAL EDUCATION MAKE UP SHEET

This sheet is valid for only one make up unless it is pre-approved by your teacher.

Do one activity to make up for your absence.

ACTIVITIES:

- _____ 1. Dance/Gymnastics/Pilates/Yoga
- _____ 2. 30-minute continuous walk (brisk)
- _____ 3. 30-minute bike ride (continuous)
- _____ 4. 15-minute jog
- _____ 5. 12-minute continuous jump rope
- _____ 6. 20-minute continuous swimming
- _____ 7. Racquet sports
- _____ 8. Stacking firewood
- _____ 9. 9 holes of golf (walking, not riding)
- _____ 10. Snow boarding
- _____ 11. Skate boarding
- _____ 12. Cross-country skiing
- _____ 13. Downhill skiing
- _____ 14. BMX/Dirt Bike Riding
- _____ 15. After-school sports
- _____ 16. Equestrian Activities
- _____ 17. Other _____ (by parent/guardian approval)

Student's Name _____ Period _____
(Please print)

I verify that the above marked activity was completed.

Parent/Guardian Signature _____

Make up sheets are due within two weeks of absence.