

## Physical Education Department Absence policy

**A student who misses his/her physical education class must complete make-up work to earn the participation points missed.** The student is responsible for seeing the instructor for this make up work. It may be a written report related to the subject being taught or a specified length of time in supervised physical activity (approved by the individual instructor.)

If a student has an **excused absence** from physical education class, he or she has three **options** to make up that day's fifteen participation points:

### **First option:**

Participate in **activity** in the fitness center after school between 4:00 – 6:00

- a. Use the workout coupon and complete the workout that your teacher assigns.
- b. You will need to get a signature from the fitness center supervisor.
- c. Bring your copy of the workout coupon to the fitness center with you on the make up day.

\*If you choose to make up participation points using one of the choices below, you need to complete **1 page** of written work. Each page is potentially worth the day's points (depending on the quality of your work).

\*\*If some other written assignment or test was assigned that day, the student will need to make up that particular test or assignment.

### **Second option:**

Write a review on a health or fitness-related topic or a chapter summary from an assigned book

- a. Summary must be 1 page in length
- b. May be hand written or typed
- c. Must be in the student's own words...if plagiarism is suspected, no credit
- d. The article needs to be attached. If that is not possible, then supply the source, author, date and page number
- e. The article may come from a newspaper, magazine, credible on-line site or an assigned fitness book

### **Third option:**

Attend a PHS sporting event and report on the event

- a. The report must be one page in length
- b. Include team names, several player's names, outcome of the contest
- c. Include your observations on sportsmanship and teamwork
- d. Student may not be a participant in the event