

**FOOTHILLS MIDDLE SCHOOL
PHYSICAL EDUCATION DEPARTMENT**

Thanks for your support and assistance in helping your son or daughter reach his/her full potential in our Physical Education classes. Participation is an important part of our grading system, along with attending class regularly.

Your son or daughter is willing to make up the excused absence(s) by doing the following exercises:

**50 or more sit ups (AND)
30 minutes of walking or biking
40 or more push ups**

**EQUALS ONE DAY OF
MAKE-UP**

**Parents may substitute exercises or activities at their own discretion.

Your signature below verifies that your son or daughter has completed **All** the above exercises. If more than one day is completed, please indicate the total number of days made up.

STUDENT'S NAME_____ P.E. TEACHER_____

PARENT SIGNATURE_____ CURRENT DATE_____

TOTAL NUMBER OF DAYS MADE UP_____

Parents please state substituted exercises and activities below.