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.**