

Tab 2

PHYSICAL EDUCATION MAKEUP ASSIGNMENT

If you miss a Physical Education class for an excused reason, you can earn back up to 8 of the 10 points by completing one of the make-up assignments listed below for each class period missed. If you are out of class because of an injury or illness, please complete one assignment for each day you miss up to 3 class periods with doctors exception. This sheet must be attached to the make-up assignment with a parent signature and contact information.

Make Up Assignment Options

Format for Written Assignments:

- Submit on Schoology under the week's participation points (REPS). Physical paper copies will not be accepted.
 - Typed, one page in length, Times New Roman font, size 12, 1-inch margins, 1.5 line spacing
1. **Participate in Physical Activity**
 - Engage in at least **60 minutes** of physical activity (walking, running, hiking, swimming, biking, etc.).
 - Log your activity using a fitness app such as **MapMyRun, RunKeeper, Apple Activity, Fitbit, or Nike**.
 - Submit a screenshot or image of the tracked activity with your written make-up assignment.
 2. **Watch a Sports Game** (Live or on Television)
 - Include the following details in your summary: sport watched, scores per quarter or period, teams playing and their locations, a brief history of each team, what you liked or disliked about the game, and how it relates to **health, Physical Education, and fitness**.
 3. **Attend a High School Sports Event** (Within Newport-Mesa Schools)
 - Include the following details in your summary: sport observed, student behavior during the event, teams and level of play (Freshman, JV, or Varsity), scores per quarter or period, what you liked or disliked about the game, and how it relates to **health, Physical Education, and fitness**.
 4. **Read a Sports Article** (From Newspaper, Magazine, or Online Source)
 - Provide a summary of the article in your own words, what you liked or disliked about it, why you chose it, and how it relates to **health, Physical Education, and fitness**.
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Extended Absence

If you are absent from school for an extended period, you may fulfill your Physical Education requirements by completing a **Fitness Journal**. Submit your assignment on Schoology under the week's participation points (REPS). Physical paper copies will not be accepted.

Fitness Journal Guidelines:

- For each **school day** missed, record a minimum of **60 minutes of physical activity** (e.g., walking, hiking, swimming, snorkeling, etc.). Each entry must include: The type of exercise performed, The duration of the activity, and brief reflection describing your experience, including what you liked or disliked about the activity
- Each daily entry must be **signed and dated by a parent**.

Alternatively, you may log your activity using a fitness app such as **MapMyFitness**, take a screenshot of your activity, insert it into a document, and include your written reflection.

Submission Deadline

Make-up work must be submitted **within one week of the cleared absence** unless special permission is granted.

Date of Absence: _____

Student's Name: _____

Date: _____

Student's Signature: _____

Parent's Name: _____

Phone # or email : _____

Parent's Signature : _____

Date: _____