

Name _____

Teacher _____ Period _____

Gateway Middle School Absence Make-up Form

(This form cannot be used for making up Fitness Days)

Participation is the greatest factor in determining the grade for Fitness. When you miss a day of class, you need to make up missed work. This helps to establish a regular activity program as part of your lifestyle. Make-ups must be submitted within two weeks after returning to school. After two weeks, students can make up the points by completing an after school Fitness Day make-up.

Each activity may be applied to one day of missed school. Activities that are vigorous and maintain an intensity level of 4 or higher need to be a minimum of 20 minutes in length. Examples: Running, swimming laps, cross-country skiing, jumping rope, etc. Moderate activities need to be a minimum of 30 minutes. Examples: 1 vs 1 Basketball, fast walking, cycling, racquetball, tennis, skating, dance, etc. Interval or leisure activities must be a minimum of 45 minutes in length. Examples: Downhill skiing, doubles tennis, weight training, walking, team sports, golf, etc.

Absent date #1	
Date completed	
Activity	
Location	
Duration	

Absent date #2	
Date completed	
Activity	
Location	
Duration	

Describe the activity. If necessary, describe the second activity.

Parent signature _____ Date _____

Information Letter

Dear Health and Fitness Students and Parents,

This letter will clarify the expectations and requirements for making up missed Gateway Health and Fitness classes.

High expectations are a part of the Gateway philosophy, and this holds true in the Health and Fitness program. A portion of your Health and Fitness grade is based on your performance on skills tests, knowledge tests, and fitness tests. The remainder of the grade is based on participation. If a student is not present for any reason, they cannot earn participation points in class and have to earn them outside of class. The make-up sheet is for that purpose.

How to fill out a "Make-Up" Sheet

- 1) Legibly print your first and last name, your Fitness teacher, and the period you have Health & Fitness at the top of the form. Fill in the absent date and the completed date in the box.
- 2) Identify the activity used to make up for your missed day. More intense activities like running need to be done for only 20 minutes to make up for one absence. Walking requires 45 minutes to make up one absence. Use these as a guideline for any activity not on the list. There are enough boxes for two absences.
- 3) Record where you did the activity (YMCA, pool, neighborhood, home, etc.) and how long you did the activity.
- 4) Describe the activity at the bottom of the page using complete sentences.
- 5) Have a parent or guardian sign and date the form.
- 6) Return it to your Fitness teacher within **TWO** weeks of your return to make up all of your participation points.

