

**KMS PHYSICAL EDUCATION ABSENCE/NONDRESS MAKE UP FORM**

**Name:** \_\_\_\_\_

**Period:** \_\_\_\_\_ **A / B**

**Teacher:** \_\_\_\_\_ **Date of Participation in Activity:** \_\_\_\_\_

**Sport or Physical Activity:** \_\_\_\_\_

In order for you to receive credit for a day in which you were absent, please complete 45 minutes of physical activity. Give a complete description of your participation in the activity in the space provided below. Please put a check mark next to the components of fitness that you improved.

Muscular Strength: \_\_\_\_\_

Muscular Endurance: \_\_\_\_\_

Cardiovascular Endurance: \_\_\_\_\_

Flexibility: \_\_\_\_\_

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(Use the back of this paper if more space is needed.)

Parent or Coaches Signature: \_\_\_\_\_

\*\* Return this form within one week or your absence to receive credit for the day(s) you were not in physical education class. \*\*