

**Lincoln Middle School  
Fitness, Movement, and Sport  
Make-Up Form\***

Fitness, Movement and Sport is a participation based class. The class promotes participation in a variety of physical activities that encourage the pursuit and maintenance of personal fitness.

If a student is absent from class for any reason, they have the opportunity to make-up the missed day(s). Making up the missed class(es) allows them to earn back the lost participation points.

\*this form does not make-up a missed performance assessment.

**The make-up activity must be at least 30 minutes in length, of aerobic nature and elevate the heart rate into the target heart rate zone and sustain it for at least 20-30 minutes.**

Suggested activities are, but not limited to; jogging, bike riding, swimming, power walking, athletic practice, rope jumping, dance class, hiking, cross country skiing, etc.

Turn in the completed make-up form to your **grading teacher** prior to each grading quarter make-up deadline.

Student Name: (PRINT) \_\_\_\_\_

<u>Activity</u>	<u>Date (1/day)</u>	<u>Length of Participation</u>	<u>Component</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____

Class Period \_\_\_\_\_ Grading Teacher \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

**Lincoln Middle School  
Fitness, Movement, and Sport  
Make-Up Form\***

Fitness, Movement and Sport is a participation based class. The class promotes participation in a variety of physical activities that encourage the pursuit and maintenance of personal fitness.

If a student is absent from class for any reason, they have the opportunity to make-up the missed day(s). Making up the missed class(es) allows them to earn back the lost participation points.

\*this form does not make-up a missed performance assessment.

**The make-up activity must be at least 30 minutes in length, of aerobic nature and elevate the heart rate into the target heart rate zone and sustain it for at least 20-30 minutes.**

Suggested activities are, but not limited to; jogging, bike riding, swimming, power walking, athletic practice, rope jumping, dance class, hiking, cross country skiing, etc.

Turn in the completed make-up form to your **grading teacher** prior to each grading quarter make-up deadline.

Student Name: (PRINT) \_\_\_\_\_

<u>Activity</u>	<u>Date (1/day)</u>	<u>Length of Participation</u>	<u>Component</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____

Class Period \_\_\_\_\_ Grading Teacher \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_