

# Diamond View School

## Physical Education Make-Up Work / Independent Study Work

All absences or days of excused non-participation due to medical reasons in PE must be made up, within one week of absence. Students can choose from the following:

- 30 minutes or more of aerobic activity, (bike riding, running, swimming, exercise video, extracurricular sports)
- Writing a one page (double spaced, 12 font) informative summary about a sport or an athlete.
- Keep a food diary. Analyze what you eat, listing nutrition facts. Also, list ways to improve your diet and why. Diary days depend upon number of absent days.

Date	Duration of	Activity

Student Name \_\_\_\_\_ P.E. Period/Core \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_