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) ____________________________________

Activity Date (1/day) Length of Participation Component
1. ______________________________________________________
2. ______________________________________________________
3. ______________________________________________________
4. ______________________________________________________
5. ______________________________________________________

Class Period_________ Grading Teacher______________________
Parent/Guardian Signature ________________________________