

To the parents of students enrolled in Physical Education classes at West Chicago Community High School,

In an effort to encourage our students to be active, we offer the opportunity to do Physical Education make-up work outside of school. Students may make-up two classes per four-and-a-half week unit with this form. We ask that the following guidelines be observed;

- The activity lasts at least forty minutes,
- The activity is not part of a sport or club program that is part of the student's normal activity (i.e., practice for interscholastic sport or a club team would not be acceptable). We want this activity to be separate from the weekly routine.
- The activity can be fitness or skill related. Below is a list of recommended activities.
- The parent must sign the make-up form assuring the guidelines are followed. We'll even give "extra credit" if you participate with your son or daughter!

Here's a few recommended activities (you may think of others):

JOGGING	WEIGHT TRAINING	GOLF
LAP SWIMMING	CROSS COUNTRY SKIING	TENNIS
AEROBIC WALKING	ICE SKATING	RACQUETBALL
STRETCHING	BOWLING	STEP AREOBICS
EXERCISE VIDEOS	ROLLER SKATING	DOWNHILL SKIING
BICYCLE RIDING	IN-LINE SKATING	SELF DEFENSE CLASS

Other activities can include team sports that your student could organize with friends such as softball, soccer, flag football, basketball, volleyball, etc.

We hope this is helpful in providing your son/daughter the chance to make-up Physical Education classes. The aim of this program is to accomplish two goals;

- To achieve higher PE grades and
- To help our students recognize the benefits (and fun) of a healthy lifestyle.

If you have any questions, please contact the student's PE teacher from the websites main page or call Dan Johnson at 876-6470.

Thank you,

Dan Johnson
Department Chair: PE, Health, and Drivers' Education

Wildcat PE Home Make-Up Form

Please type in the information, print on your own printer, have the parent sign the form, and return to your PE teacher.

Student's Name:

Type of Activity:

Date:

How long did the student perform the activity?

Parent/Guardian Signature: **X** _____

Home Phone:

Work Phone:

Did the parent also participate?