

WHAT SHOULD I DO IF I AM ABSENT FROM PE?

WHS PHYSICAL EDUCATION MAKE-UPS

What should you do if you are absent?

- **First, see your instructor to complete all notes, tests, and assignments missed.**
- **Second, come in and complete a PE make-up (30 minutes in your target zone using a heart monitor)**

Students are responsible for completing ALL in-class assignments that they missed during their absence. It is the student's responsibility to see his/her instructor for any handouts, notes, or information missed. Notebooks should be brought up-to-date as soon as possible.

All students are strongly encouraged to make-up participation points that are not earned due to absences from class or because of written medical excuses that limit or do not allow aerobic participation for less than four school weeks.

Students earn 10 points daily by dressing in the Windsor High School physical education uniform, being on time, following instructions, and participating to the best of their ability.

Students may complete up to three make-ups each grading period. Make-ups for more than three days in a single grading period will be handled on a case-by-case basis by your son/daughter's instructor.

Aerobic endurance is a vital component of a physically fit person. Aerobic fitness is heavily emphasized in WHS's Physical Education program. WHS is very fortunate to have heart monitors for individuals to use as a tool to safely monitor their physical activity. The WHS heart monitors provide the following data: duration of activity, time in fitness zone, average heart rate, maximum heart rate and number of calories burned.

Make-ups are scheduled every Wednesday morning at 7:50 a.m. Students should arrive at school prepared to move in proper clothing and shoes. All participants who remain in their target zones for thirty minutes (3 heart monitor bars) using a department heart monitor will earn 10 participation points upon instructor inspection of the data. Aerobic activities are confined to the WHS school grounds. Students are not allowed to leave campus at any time.

Students who participate on WHS North Bay League teams may make special arrangements with their respective instructors to complete make-ups.