

### How to earn make-up points for Medical Excuses or Excused Absences from class

1. A written **summary** of any sports, health, or physical fitness article taken off the Internet or from a newspaper or magazine will earn 5 effort points and 5 dress points. The summary should be at least 5-6 sentences in length and include either a copy of the article or the author, source, and date of the publication.

2. You may earn 5 effort points and receive 5 dress points by **scheduling** a time, after school, to participate in some form of physical activity i.e., mile run/walk, strength training, or an activity with the instructors approval; this does not include practices.

Make up points must be handed-in by the Friday of the week following that in which the absence occurred to get credit. Failure to make-up a class will result in 5 points off your effort and dress point grade. If you are out sick or have a planned absence, you know what needs to be done to make up for missed points. It is the responsibility of the student to earn required points. Every student in the class can earn a good grade by participating each day and making up points for missed classes.

► **Use your own words - plagiarism will not be tolerated!**