

EXCUSES/MAKE-UPS

Medical: A doctor's note will excuse a student for the length of time specified. A doctor's permission must be obtained before admittance into class. If the excuse is for more than 2 weeks, alternate plans may be made.

Parent/Guardian Note: This will excuse a student from class activity for that day, but the student will remain engaged in the learning as determined by the coach. If a student is injured or sick and not going to participate in PE, they **MUST** have a note.

Individual: If a student becomes ill during the school day and has Physical Education, speak with the teacher before class begins. The student will be expected to engage in the learning and the teacher will use her discretion for such a circumstance.

*Students will be expected to make-up any class workout/written work missed for **ALL ABSENSES** except medical excuses specifically for PE.



Make-up sheets: If a student misses class, he/she must make-up the missing day by doing an aerobic workout on his/her own when he/she is able and within a timely manner. Make-up sheets can be found in the gymnasium, in the locker room, and on my web page. **Examples** of aerobic activities: Running/jogging, swimming, basketball or soccer practice, elliptical machine, step aerobics, jumping rope, power walking, P90X, cross fit, jazzercise, kickboxing, biking. These activities should make you sweat and your heart beat fast!

***If missed class periods are not made up, they reflect as a ZERO in the grade book.** It is the student's responsibility to turn these into the teacher as soon as possible.

There is a strict NO CELL PHONE/CAMERA/IPAD usage policy in class (unless directed by the teacher) and the locker room for liability reasons. If there is an emergency, PLEASE SEE THE TEACHER.



LOCKS

Each student will be assigned a lock and locker. He/she will be responsible for this lock and locker throughout the school year. Each student will be encouraged and reminded to lock up his/her possessions. Any items lost or stolen are a direct result of a student not locking up his/her possessions safely in his/her locker. ***DO NOT** share lockers or combinations with others. **DO NOT** move assigned locker without permission from the teacher.

The PHYSICAL EDUCATION DEPARTMENT is looking forward to having a great year at Gentry Middle School.

If you have any questions or concerns regarding P.E. please contact:

- Coach Sarah Paetzold - spaetzold@cpsk12.org
- Coach Angie Roberds - aroberds@cpsk12.org
- Coach Shaun Swartz - sswartz@cpsk12.org
- Coach Justin Mart - jmart@cpsk12.org

Or call Gentry Middle School at **573-214-3240**.

We want all students to pass PE with an A+ as well as enjoy physical fitness and embrace a healthy lifestyle! If you need help, please come and talk to us EARLY so you can have a super successful school year! 😊



2019-2020 Make-up for Missed PE Class

You are given permission to make-up a Physical Education class by participating in a 30 minute work-out at home or by using an athletic practice as soon as possible. Pick up this form from your Physical Education teacher and complete and return it as soon as possible. Parent(s) or guardian(s) must sign this form to validate the activity.

Student's name: _____ Period: _____ A / B Day

The activity that I completed for make-up was: (describe in detail)

For: _____ minutes. Date Completed: _____

Parent or Guardian Signature: _____