

Seton Catholic High School

Physical Education

Name _____

Period 0 1 2 3 4 5 6 7

Date(s) Absent _____ Must be completed and returned by _____
assigned by teacher

Class requirements for daily activity points (10 points per day)

If absent, please return completed form with a coach or parent signature and phone number within one week of your absence. If this form is not submitted on time or is incomplete you will not receive your 10 points participation for that day.

Thirty minutes of physical activity is needed to make up for the class time missed. Please check the activity you participated in or write in the appropriate information.

- Jogging _____
- Walking _____
- Swimming _____
- Biking _____
- Other Activity (list activity) _____

Parent Signature _____

Parent Phone _____

(or)

- Team practice/conditioning, give name of team _____
- Team game/scrimmage, sport _____

Coach Signature _____

Coach's Phone _____