

Extra Credit
&
Make-Up
Options

Students wishing to complete extra credit assignments or do make-up work have many different options. Please review the following list of options, make a selection, complete the requirements, and return to the appropriate Physical Educator.

1. Students may attend an after school athletic event and fill out the appropriate “Events” form. Be sure to have the form signed by the supervising staff member at the event. Usually for every event attended, the student receives either equal time for time or equivalent point value.
2. Students may exercise at a fitness center under the supervision of either their guardian or the on-duty fitness instructor. Remember to fill out the “Fitness Activity” form along with the appropriate signature. Usually the student will receive exact time for time.
3. Students may write a one-page essay on a related Physical Education topic. Submissions need to be accompanied by the original article, fax, computer copy, or photocopy of the book pages, and a reference or bibliography. The essay may be word processed or hand-written in print only, single-spaced, American Standard English.
Examples of topics: sports figure, athletic event summary, Olympics, history of a sport or activity, nutrition, health, etc.
4. Students may do a project related to Women in Sports. Please refer to the Essay Submission requirements.
5. Students may utilize extra credit opportunities when they arise in class, such as running extra laps, equipment monitors, warm-up leaders, etc.
6. Students may design their own project, subject to the approval of their Physical Educator.
7. Students may see their Physical Educator for other options.