

Life Fitness Make-Up Policy

General Make-Up Criteria

- 1st Miss** - 1 free workout/activity miss allowed per term (no make-up required)
- 2nd Miss** - Full credit available with appropriate make-up(-5 pts without make-up)
- 3rd and 4th Miss** - -3 pts with make-up (-5 pts without make-up)*
- 5th Miss and more** - -4 pts with make-up (-5 pts without make-up)*

**Full credit received for completed make-up with written Doctors excuses*

This miss is used when a student is *out of class* or *does not participate* for more than ½ the time *for any reason*. This includes a day of absence, No Dress, In-School Detention (ISD), Out-of-School Suspension (OSS), Field Trip, Clinic, Peer Mediation, SCA, Testings, or other in-school class functions.

Make-Up Assignment Criteria

Field Trip, SCA, Peer Mediation, Testings, other excused in-school class functions

→ 1 page fitness article summary or 3-4pm after school workout

“No-Dress”, Absence, OSS, ISD, Clinic

→ 2 page fitness article summary or 3-4pm after school workout

<i>Missing Class Time</i>	<i>Make-Up Required</i>
<p><u>Late Arrivals</u></p> <p>Arrival during (10-20m) (1st offense)</p> <p>Arrival during (10-20 m) of class (3+more offen)</p> <p>Arrival during (16-44m) (1st offen)</p> <p>Arrival during (16-44m) (2 + more offen)</p> <p>Arrival more than ½ way thru block</p> <p><u>Early Dismissals</u></p> <p>Leaving before 1st ½ of class complete</p> <p>Leaving after ½ way of class(45-70m)</p> <p>Leaving during last 20 min.of class(70-90m)</p>	<p>None</p> <p>Finish workout 3-4p.m. or 1 pg. article summary</p> <p>None</p> <p>Finish workout 3-4p.m. or 1 pg. article summary counts as Miss</p> <p>counts as Miss</p> <p>Finish workout 3-4p.m. or 1 pg. article summary</p> <p>None if workout is complete or 1 pg. article sum.</p>

*Make-Up Workouts must be completed by Friday afternoon of same week of missed participation.

*Make-Up Fitness articles are due by end of the 4½ Week Marking period of miss.