


MAKE-UP WORK & EXTRA CREDIT

For all **excused** absences, the student must make up the absence. This absence must be made up before the end of the quarter. If the absence is not made up, no grade or credit can be given for the day.

Unexcused absences and points lost due to behavior, including “No Dress” days cannot be made up. *School-related absences do not require make-up work.*

Absences can be made up in one of two ways:

1. The **FIRST OPTION** to do make-up work is to complete a minimum of 30 minutes of outdoor activity, recording your workout using Strava. 
 - ✓ You can only make up one absence per Strava recording per day.
 - ✓ Although there are many different activities that Strava will record we will only accept the following: running and/or walking (outdoors), biking (road or mountain), hiking, canoeing, kayaking, stand-up paddling, swimming, inline skating, ice skating, skiing, snowboarding and snowshoeing. Doing chores such as mowing the lawn and practices or open gyms with a sports team do not count towards make-up work.
 - ✓ This FREE app can be downloaded on your smartphone in iTunes and Google Play and can be synced with other health apps you may have on your phone.
 - ✓ To use Strava for make-up work, students must join the **Stevens PE** club in Strava. This will be done as a class at the beginning of the semester or you can search for *Stevens PE* in Strava and request to join. Need help or have any questions – see Mr. Hendry.
 - ✓ Strava needs to know your location and track you using GPS, therefore you should have your parent/guardian’s permission to use this app and you will need to be in a location that allows for GPS tracking such as outdoors. Some indoor tracks or swimming pools may work.
2. The **SECOND OPTION** for make-up work is for students who may not have a smartphone or who choose not to use Strava. Students have the option to make up work in the Stevens gym on most Mondays-Wednesdays-Fridays from 3:30pm-4:45pm. Confirm with Mr. Hendry the day before just to confirm that those times will work. The gym is always open for make-up work every day from 7:30am-8:10am under the supervision of a Stevens P.E. teacher.

When doing make-up work at Stevens - students must **ALWAYS** check in with a Stevens P.E. teacher **PRIOR** to beginning your make-up work. For each excused absence the student must complete **18 laps** on our indoor track and fill out a pink make-up work slip located in the gym. Students may run and/or walk these laps. Turn in pink make-up slips to get credit.

Extra Credit - which can only be applied towards your fitness test, can be earned by completing a minimum of 30 minutes of outdoor activity, recording your workout using Strava. You will get 5 points per workout and you can only do enough to get your score up to 100 points. Students who do not have a smartphone or do not want to use Strava can complete a Darebee workout at Darebee.com. Before completing a Darebee workout - pick up a green form in the gym for more instructions. Turn the completed green form in to claim your extra credit points.