

How to reassess/make up missing work

Unexcused absences can not be made up.

If you have an Excused Absence or a doctor's note --- any physical demonstration assessment can be made up in a variety of ways depending on what was missed. Please check with the teacher in regards to what option is available for a specific day. Students have one week upon returning to activities/school in which to make up work.

Depending on what was assessed -- the following MAY be possible -- I will give specifics (time, distance, HR, etc..) to each student when they ask for their make-ups.

- Using Map my Run or similar app on a device, tracking a specific run/jog for distance, time and/or pace. Submit a screenshot of the activity via email or show directly to the teacher. (time, distance, HR will be given)
- Checking out a heart rate monitor from the teacher overnight to submit recording that gets the student into a specific target heart rate zone average (time and HR zone will be given)
- Video demonstrating that a specific skill was mastered at home (ex. - accuracy w/ a frisbee, squat form, tennis serve form)
- Makeups are available before school, at lunch, and on Monday/Wednesday after school. Make sure you schedule with me.

*** Written assessments/quizzes/projects and work can be submitted up to one week after returning back to school.