

PE Make-Up Assignment Instructions

1. If you are here, you are here to make up participation points for the day of your excused absence. **You have two class sessions after your absence to make up this workout.**
 - a. Excused absences include:
 - Medical appointments - must have a parent email
 - Sick/Injured- must have a parent email
 - Family emergency- must have a parent email
2. If you are injured and can't participate in physical activity, you **MUST** submit a Doctor's note excusing you from physical activity.
3. If your absence is **NOT EXCUSED**, you are **NOT** eligible for a make-up assignment.
4. If you want to make up points for the day of your absence and your absence is EXCUSED, you must record and submit a video of yourself working out to a video **from the list of workout videos located in google classroom.**

Written Instructions for:

How To Record Yourself While Working Out To The YouTube Video

1. Open google classroom → go to your P.E. class
2. Find the video workout links page and choose a workout
3. Open the workout video in a **NEW** tab.
4. Open your camera on your chromebook.
5. Split your screen by clicking anywhere in the browser and holding → alt+[
6. Click on your camera window and hold → alt+]
7. Once you split your screen and have your workout video and camera side by side press video on your camera and then press the record button.
8. Once you press the record button, play the workout video.
 - a. **IMPORTANT: Make sure you are in camera view.. If I CAN'T see you, I CAN'T grade you.**
9. Once you are done with your workout video, stop recording. (Your video will be saved to your chromebook)
10. You will then close your workout video tab and MINIMIZE your camera window.

How To Rename Your Video

1. Search “Files” → My files → Downloads → Select video → Right click → Rename your video
2. Rename your video with your last name, first name, and date of absence
 - a. Example: Smith, John; Date of Absence: 9/20/2020

How To SUBMIT Your Recorded Workout

1. Go to your P.E. class on google classroom
2. Go to classwork → make-up assignment topic
3. “Excused Absence - Submit Recorded Workout Here”
4. Add/Create → Select file → Upload → Browse → My files → Downloads
5. Find and select your recorded workout video → Open → Turn in
6. In the private comment section, include the date of absence.