

P.E. Make-up Assignment

Students are responsible for completing one make-up assignment for *each* absence *after two, regardless of the reason*, per quarter (note that this includes students who are on extended trips and receive paperwork for Independent Study!). Assignments must be submitted ELECTRONICALLY within one week of the missed class in order to receive credit.

Option # 1

Choose a news article that relates to health, wellness, exercise, physical education, or sports. These articles can come from newspapers, magazines, or the internet.

- Read the entire article.
- Write a summary of the article in *your own words*. Be sure to include the following:
 - ✓ Paragraph 1
Introduce the article and where it came from. This includes the article name, author, and source (name of the newspaper, magazine, internet address, etc.).
 - ✓ Paragraph 2
Summarize the article in your own words. Plagiarism will result in a “0” grade for the assignment.
 - ✓ Paragraph 3
What is your opinion of the article? What did you learn? Did you like/dislike the article and why? Would you recommend this article to others?
- Proofread the summary and correct spelling, capitalization, punctuation, and grammar errors before e-mailing it to your P.E. coach.
- Attach the complete article to the e-mailed summary.

Option #2

Partake in a physical activity related to fitness, exercise, or sport either independently or with family/friends (e.g., hiking, bicycling on the strand, running, going to the gym, etc.).

- The duration of the activity must be for **no less than 45 minutes**, and **may not** include anything you are already participating in outside of school such as, but not limited to, an organized sports league, travel ball, dance team, or martial arts training.
- The activity chosen must be **pre-approved** by your P.E. coach.
- Write a summary of the activity you participated in; be sure to include the following:
 - ✓ Paragraph 1
Discuss the physical activity you chose, summarizing what you did and describing what you enjoyed most and why. Be as specific as possible.
 - ✓ Paragraph 2
Explain how your activity of choice relates to developing / maintaining each of the four components of overall fitness – aerobic capacity, muscular strength and endurance, flexibility, and body composition.
- Proofread the summary and correct spelling, capitalization, punctuation, and grammar errors before e-mailing it to your P.E. coach.
- Obtain a **Parent Signature** verifying completion of the fitness activity you wrote about.