

P.E Assignments for MAKE-UP WORK and/or EXTRA CREDIT WORK

Writing Assignment

Find an article on the Internet, magazine, newspaper, etc., that relates to fitness or nutrition. Read the article & write a one-page summary of the article. Make a copy or print the article and attach it to the back of the summary.

On ALL WORK, make sure you PRINT your:

- First & Last Name
- PE Period #
- Grade
- Teacher's Name

****DO NOT COPY THE ARTICLE. WRITE THE SUMMARY IN YOUR OWN WORDS****

The summary needs to be in BLUE or BLACK INK, or typewritten and needs to include:

- Write what the article is about in your own words. (5-10 sentences)
- Write what you learned that you didn't know before you read the article. (3-4 sentences)
- Write how this relates to your life and what you can do to improve or maintain your health/fitness. (3-4 sentences)

Writing

- Maximum of 1 Writing Assignment turned in per day,
- One Writing Assignment makes 5 points.

Activity Log

- Write in BLUE or BLACK INK ONLY.
- Maximum Credit for 1 hour of Physical Activity given per day
- For each day absent, record 1 hour of Physical Activity per day on the Activity Log.
- 1 Hour of Physical Activity makes up 5 points.

*****MAXIMUM 2 EXTRA CREDIT ASSIGNMENTS PER GRADING PERIOD*****

ALL WORK MUST BE TURNED IN 10 DAYS BEFORE THE END OF THE GRADING PERIOD TO RECEIVE CREDIT IN THE CURRENT GRADING PERIOD. INCOMPLETE WORK, WORK WITHOUT 1ST NAME, LAST NAME, PERIOD #, GRADE, TEACHER'S NAME, & ILLEGIBLE WORK WILL NOT BE GIVEN CREDIT.