

# P.E Assignment

**\*\*\*1 writing assignment = 1 absence\*\*\***

## 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)