You are responsible for doing all work and turning it in to your physical education teacher weekly. Please note the number of days the assignment will count for. Example: Inventing a new game will count for five (5) days of work. **All assignments must be typed, unless otherwise specified.**

*Work not completed will result in a zero for each medical day.*

**NO REPETITIONS UNLESS SPECIFIED**

### WORTH 1 DAYS EACH

**Assignment #1:** Your Athletic Director has come to you asking for your input in designing the new physical education uniform. You must choose the type of material, color, logo, and style of the uniform. Must be gender appropriate.

**Assignment #2:** Draw, diagram, and label the dimensions of one of the following: soccer, lacrosse, football, badminton, volleyball, softball, tennis, basketball.

### WORTH 2 DAYS EACH

*ANY SPORTS PACKET IS WORTH 2 DAYS OF MISSED PE*

**Assignment #3:** List and describe in paragraph form the strategies of a sport included in physical education class. (Examples are lacrosse, ultimate Frisbee, or flag tag.)

**Assignment #4:** Aside from the obvious physical activity, what are three additional benefits to daily physical education classes? Write a 5 paragraph paper.

**Assignment #5:** Describe the activity you are missing today in class. Give the name, rules, strategies, safety, equipment and overall objective in paragraph form. What are your feelings towards this activity?

### WORTH 3 DAYS EACH

**Assignment #6:** Write a minimum 2 page essay describing the five components of fitness. What are they? Give examples. Which component do you feel you need to work on more and why?

**Assignment #7:** Research an Olympian. What sport did he or she play and what hardships did he or she face? Write a minimum 2 page report.

**Assignment #8:** Write a 1 page paper on a new sport that you would like to see available to Kingsway athletics. Why would this sport be beneficial? Every opinion needs a fact.

**Assignment #9:** Describe your most difficult physical education activity in a 1 page paper. Why is it difficult and how can you improve?

### WORTH 4 DAYS EACH

**Assignment #10:** Why has physical education become an elective in some school systems? Why have some states done away with physical education all together? Do you think this has anything to do with the rising obesity rate in teenagers? You must cite all work.

  a. What is the reasoning for eliminating physical education?
  b. What are the students’ opinions?
  c. What is your position on this topic? Cite specific reasons for your answers.
Assignment #11: Construct a collage entitled “ME.” You should collect pictures, slogans, and words that represent who YOU are, things you would like to own, places you’ve been to, and people you admire. You must paste this pictures words and symbols onto a sheet of paper to make a collage. No in between spaces on a computer sized sheet of paper.

Assignment #12: Pretend you are a newspaper reporter. Attend a sporting event and write a newspaper article describing the sporting event. Include a quote from a participant and the coach’s signature.

Assignment #13: Research the top five diseases that lead to the most deaths in the United States. Implement a new strategy to increase awareness and decrease the death toll. This should be a two page paper.

Assignment #14: Create a physical education crossword puzzle with specific PE terminology. Must be on graph paper and include the answers on a separate sheet of paper. No computer print-outs!

Assignment #15: Choose your favorite sport/activity and research who the top 5 athletes are in the sport. Be sure to include why they are top athletes and state their records and accomplishments.

Assignment #16: Choose a sport you participate in during PE class and write a one-page, well thought out, essay about the social, emotional and health benefits of that activity.

Assignment #17: Choose a current event article and write a one-page, well thought out, essay about how the information in this article can have a health benefit to you and/or someone you know.

**WORTH 5 DAYS EACH**

Assignment #18: Research how to calculate your target heart rate. Find your resting heart rate, find your heart rate after activity, and find your target heart rate between 60% - 80%. Sixty to eighty percent is the desired heart rate to burn maximum calories during exercise.

Assignment #19: List the Six Pillars of Character. Explain each pillar and its role in PE class. Example situation: *Clara misses a pass during the flag football game and Charlie reacts in a negative manner by singling her out for her mistake. Resolve this by giving positive feedback and be constructive with your feedback.* (Caring Pillar)

Assignment #20: Describe specific character traits of an exemplary physical education student. Do you possess these traits? What can you do to improve?

Assignment #21: Once you leave Kingsway and you are not enrolled in physical education classes, how will you remain active for your lifespan to decrease disease and increase your socialization? Think of activities of interest to you that are fun and cost efficient.

Assignment #22: Invent a new game. You must come up with an original name for the game/sport. Include the rules of the game, equipment needed, the objective of the game, and a diagram of the court/playing area.

Assignment #23: Design a pamphlet of an activity/sport. The pamphlet must be done on the computer. You must include the rules of the activity/sport, the history of the sport, objective of the activity, number of players, and playing area along with clipart and eye catching materials.

Assignment #24: Research the Summer Olympics from the most recent summer. Choose at least five sports/individuals and report on their results. You must include the person’s name or team name, their best times, how they placed, and the Olympic record for the event.

Assignment #25: Design a charted personal fitness plan utilizing the five components of fitness. Include the equipment needed and a nutritional plan for a week’s span of programming.

Assignment #26: Choose three Olympians who competed in the same event from three different centuries. Compare and contrast their differences and similarities in:

a. Training methods
b. Body type
c. Event times/distances
d. Drug use steroids
e. Uniforms
f. Weather conditions