

P.E. MAKE-UP ASSIGNMENT

For Excused Absences and Medical Notes

For Medical Notes

If you are absent or unable to participate on a run/fitness day a **written assignment** **CANNOT** be used, you must coordinate with your teacher to make it up when you are medically cleared.

Excused Absences (earn up to 10 points)

You need to complete a health or fitness related article. One article for every excused absence. The article must be age appropriate on health, fitness, or sports to earn up to 10 points.

Examples of topics

Benefits of Physical Education, diabetes, anorexia, obesity, cancer, bulimia, fractures, depression, anemia, target heart rate, basal metabolic rate, steroids, lifelong benefits of exercise, sports drinks and exercise, interval training, high blood pressure, concussions, asthma, smart food choices, anxiety and stress, physical fitness, nutrition, academics and fitness, biography of famous athletes.



We will not accept summaries of a sporting event

Directions for Written Assignment

- **Print** and **annotate** the article as you read.
- A **one page hand written** paper in **blue or black ink** on a health, fitness, or a sports related topic.
 - Write a half page summary of the article. Then on the other half of the page write about your opinion of the article.
- Please write your first and last name, class period, date completed, and date of Absence on the assignment.
- The assignment needs to be a hand written full page with the annotated article stapled to the back.

***Mr Dement's classes only: to make up an assignment YOU WILL RUN. ***