

Villegas Middle School
Physical Education Make-Up Work

Name: _____

Grade: _____

Absence/Make Up Date: _____

- **Choose one assignment from the list below for each day absent from PE.**
- **30 minutes of physical activity is also required. Please write what component of fitness you did (can be a mix of multiple).**
- **Use terminology learned in class. Be as specific and detailed as possible.**
 - ◆ **Example 1: Walked for 30 minutes or did push-ups (will not receive full credit)**
 - ◆ **Example 2: I ran for 1 minute walked for 30 seconds (interval training) for 30 minutes at the park. I focused on cardiovascular exercise. (Exceptional answer)**

All writing assignments must be at least one paragraph long. Be sure to use complete sentences and appropriate grammar/punctuation/capitalization for these writing assignments.

1. What are the 5 components of fitness? Describe each and give three exercise/activity examples per component.
2. Make a display of healthy foods versus junk food.
3. Explain how to increase force based on the principles of biomechanics.
4. Explain how impact force is reduced by increasing the duration of impact.
5. Develop a game that uses a manipulative skill, two different offensive strategies, and a scoring system.
6. Identify appropriate physical activities that can be performed in one's physical fitness program is disrupted by inclement weather, travel from home or school, or a minor injury.
7. Describe leadership roles and responsibilities in the context of team games and activities.
8. Keep a fitness journal for a week (or longer) of all the activities you participate in; write a short reflection about how you felt during that time.
9. Write an autobiography of "Why I like OR dislike a certain sport" with supporting evidence and reasoning.
10. Write the dimensions for the playing area of your favorite sport. Include position players and label the terms of the field.
11. Create a stretching/exercise routine, and write it out in detail.
12. Create and write your own commercial advertising a new athletic or sports oriented product.
13. Read the sports page and create your own written sportscast.
14. Read an article in a current sports or fitness related magazine and outline key points. Include an overall summary.
15. Write the steps and key points used to teach the main skills in the current activity we are doing in class (Must have at least eight points).
16. Read an article in the newspaper of a magazine about your favorite sport hero and give a written summary that includes your favorite part.
17. Watch a game/match/competition of your favorite sport and write out a play-by-play of the broadcast.