

2022-2023 Physical Education ABSENT/MEDICAL Work

→ Choose **ONE assignment** (18 provided) for **EACH DAY ABSENT.**

- ◆ All writing assignments must be at least one paragraph long. Create a Google Doc/Google Slide in this assignment. Include the ASSIGNMENT NUMBER you are completing AND date(s) you were absent/medical. Failure to do so will result in point deduction. Be sure to use complete sentences and appropriate grammar/punctuation/capitalization for these writing assignments.

◆ QUALITY OF WORK DETERMINES AMOUNT OF POINTS EARNED.

◆ ALL ABSENT WORK MUST BE SUBMITTED PRIOR TO THE SIX WEEK GRADING PERIOD.

1. What are the 5 components of fitness? Describe each and give three examples per component.
2. Explain how to increase force, based on the principles of biomechanics.
3. Distinguish between effective and ineffective warm-up and cool-down techniques.
4. Develop a game that uses a manipulative skill (ex. throwing, catching, running), two different offensive strategies, and a scoring system.
5. Identify appropriate physical activities that can be performed if one's physical fitness program is disrupted by inclement weather, travel from home or school, or a minor injury.
6. Describe leadership roles and responsibilities in the context of team games and activities.
7. Explain methods of monitoring heart rate intensity.
8. List the long-term benefits of participation in regular physical activity.
9. Compile and analyze a log noting the food intake/calories consumed in one day.
10. Explain the effects of physical activity on heart rate during exercise, during the recovery phase, and while the body is at rest.
11. Explain the effects of nutrition and participation in physical activity on weight control, self-concept, and physical performance.
12. Explain progression, overload, and specificity as principles of exercise.
13. Write the dimensions for the playing area of your favorite sport. Include position players and label the terms of the field.
14. Create a stretching/exercise routine, and write it out in COMPLETE detail.
15. Create and write your own commercial advertising a new athletic or sports oriented product.

16. Read the sports page and create your own written sportscast.
17. Write the steps and key points (cue words) used to teach the main skills in the current activity we are doing in class (Must have at least eight points).
18. Watch a game/match/competition of your favorite sport and write out a **play-by-play** of the broadcast.