

Lyman Hall High School – PE Alternative Assignment

- *The P.E. alternative assignment was designed to allow students, who have missed class due to a verified injury, to regain credit for classes missed. The assignment must be completed during class time in the library/media center.*

Objective: SWBAT... Utilize independent research methods to create relevant assessments of new learning related to physical fitness, athletics, health and wellness.

Directions:

1. Find an article online from a reputable website (.org or .edu or .gov), that is related to physical education, health education, athletics, or fitness and wellness and read it entirely.
2. Type a short summary of the article explaining how this information may be helpful to high school students.
3. Create a 10 question fill-in or multiple choice quiz pertaining to the information in the article along with a separate answer sheet for the quiz.
4. Print out all 4 documents (article, summary, quiz, answer sheet) and submit to your P.E. activity teacher. In order to receive credit, assignments must be submitted by the end of the class period.
5. **Three** article summaries and quizzes must be completed and printed to earn credit for one class.

- *Fulfilling the above requirements for the P.E. alternative assignment will award 10 points (full class credit). Incomplete assignments will not count for credit.*