

PE Make-up Assignments

Each of the following assignments will make up for one missed day (25 points). NO unexcused absences are allowed to be made up. Assignments must be turned in no later than 2 days after the missed day.

1. Pretend you are a sports broadcaster. Write a sports article for your newspaper.
2. Write a letter to a make-believe person. In the letter, describe yourself, your likes and dislikes, your interests, hobbies, fitness goals, educational goals, career goals, lifetime goals, and the kind of person you currently are or hope to become.
3. Evaluate your life. What is the most important thing you've learned so far? Analyze its effect on your life (how you learned it and how it has changed you).
4. Write several paragraphs regarding the most influential person in your life. You do not need to state his/her name. Please describe how your life has changed.
5. Write a memo, cover letter, or resume for a fitness or sports-related career application.
6. Discuss the **pros and cons** of the mandatory rule requiring PE uniforms. If you choose this assignment, you must include both pros and cons, not just the cons! **Conclude with your opinion on the matter.**
7. Create a fitness or sports-related poem. It must be at least **ten** lines.
8. Think of an idea to make the world a better place. Describe in detail your idea and how you would put it to work.
9. Write a letter to the Surgeon General to **convince** readers to support your position on fitness in America.
10. Write a **persuasive** letter to a friend telling him/her about the dangers of a drug (you choose the drug). Explain the importance of making a healthy decision.
11. Create a new indoor game that could be utilized during PE class. Keep in mind our equipment limitations and class size.
12. Create a trifold fitness pamphlet where each "panel" of the pamphlet must include the following: 1) a unique title with a hand-drawn color illustration, your name, and your teacher's name; 2) a persuasive paragraph encouraging exercise, fitness, or an active lifestyle; 3) a definition for health-related physical fitness and the five fitness components; 4) the benefits of exercise; 5) FITT principle; and 6) prescription for aerobic and muscular endurance using the FITT principle.
13. Keep a nutrition and exercise log of the foods you eat and the activities you participate in while absent from class; remember to make healthy choices!

PE Make-Up Assignments

The following fitness assignments will make up for one missed day (25 points) and must be completed 2 days after the missed day. Complete an activity listed below and have your parent sign this form and return it to your PE teacher if you choose to make up the class on your own.

Please pick an activity that raises your heart rate between **140-180 beats per minute**. This will help improve your cardio-respiratory conditioning. **Activities:** speed walking, jogging, climbing stairs, aerobics, circuit weight training, volleyball, basketball, soccer, tennis, hiking, swimming, skating, cycling, dancing, jump roping, or any other **teacher-approved activity**.

School Sports Activities Do Not Count

Student Name: _____ Date of absence: _____

30-minute activity: _____

Date completed: _____ Parent signature: _____