

## Physical Education Alternative Assignments

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Semester: \_\_\_\_\_ Class: \_\_\_\_\_

Teacher's Name: \_\_\_\_\_

The following assignment is in lieu of meeting for physical education class. Students are required to complete all 5 of the sections within this assignment. All work must be submitted via Google Classroom. If you have any questions please email Mr. Timm at [ktimm@hsslinc.org](mailto:ktimm@hsslinc.org)

**All work is due on or before** Upon Return to School via email

**You are responsible for the teacher initialed assignments: You are responsible for contracting for the amount of days missed:**

1. \_\_\_\_ Complete a Physical Activity Internet Research Project. A separate form is required from your teacher. (see attachment)
2. \_\_\_\_ Complete a poster board collage or PowerPoint project of a chosen activity or sport. Collages should be thematic and suitable for display. (see attachment)
3. \_\_\_\_ Complete the Personal Fitness Log Project for a 14-day timeframe. (see attachment)
4. \_\_\_\_ Complete the Article/Commercial Critique Project. (see attachment)
5. \_\_\_\_ Complete the Community Resource Project. (see attachment)

**This page must be included with your work.**

Student Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent \_\_\_\_\_ Date \_\_\_\_\_

**Alternative Assignment**  
**Physical Activity Internet Research Project**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Grade: \_\_\_\_\_

**Directions**

- Choose a physical activity (sport, game, etc.) and research it using the internet.
- You are responsible for answering all questions regarding the activity you choose using the internet. Your answers must be in complete sentences. You may not plagiarize.
- Include the internet address and name for each web site you use. Space has been provided. If you need extra space you may attach additional sheets.

**Activity:** \_\_\_\_\_

- 1. What are five (5) fundamental rules of your selected activity?**
- 2. Examine two (2) countries where your chosen activity is currently played.** You must include types of leagues (professional, college, high school, etc.) and who participates (males, females, age groups, level of participation) for each country. Make sure you include the web site(s) name and address where you found the information.
- 3. Write a two (2) paragraph summary of a current event that is happening or has happened within the last six months within the activity you selected.** This can be international/national/state or local event. Examples: Steroid use in baseball, a local team beating a rival team, etc. Make sure you include the web site(s) name and address where you find the information.
- 4. If you were going to explain to someone how to get involved in this activity, what would you tell them?** You must include: equipment, prices, how to train for the activity, and where in the community the activity can be played. Make sure you include the web site(s) name and address where you found the information.







**Alternative Assignment**  
**Physical Activity History Presentation**

**Directions:**

- Choose a physical activity to research
- Create a PowerPoint or Prezi presentations on your activity
- The PowerPoint must include a minimum of
  - 20 Pictures
  - 10 Rules
  - 10 Historical Facts
  - 20 Slide Minimum
- The pictures, rules and facts should be spread throughout the presentation (. 1 Picture + 1 fact per slide)
- The PowerPoint must be emailed to your teacher on the due date. (please see page 1 for email addresses)
- Be creative!!!!!!

Below is a chart to help assist you with planning your presentation.

Theme/Sport/Activity: \_\_\_\_\_

**Rules**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**History**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_

10.

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**Alternative Assignment**  
**Personal Fitness Log**

**Directions:**

- Record daily in your Personal Fitness Log
- Each entry should be properly dated
- Entries should include the following:
  - All food and beverages consumed, including approximate quantities
  - Physical activities performed, including approximate length of time and intensity level

**EXAMPLE ENTRY**

**Monday, May 8**

**Breakfast**- small bowl of frosted flakes with 2% milk, 2 pieces of toast with grape jelly, 1 small glass of orange juice

**Snack**- 1 snack size bag of Doritos

**Lunch**- 1 ham, cheese and lettuce sandwich with mustard, 1 snack size bag of pretzels, 20 oz. bottle of soda, 2 big chocolate cookies

**Snack**- 1 large apple

**Dinner**- 2 servings of spaghetti and meatballs, a medium bowl of salad, 4 small pieces of garlic bread, 2 large glasses of water, 2 big brownies.

**Snack**- 1 bag of microwave popcorn, extra-large glass of lemonade

**Physical Activity**

1. Played basketball- 30 minutes- intense most of the time
2. Mowed lawn with push mower- 45 minutes- medium intensity
3. Walked ½ mile from the bus to home after school- slow pace

**Alternative Assignment**  
**Fitness Article/Commercial Critique**

**Directions:**

**Read four (4) articles and view two (2) commercials related to fitness (muscular strength, muscular endurance, cardiovascular fitness, flexibility, body composition, or nutrition)**

**Part 1: Article Critique**

**Write one (1) page critique on each of your articles, include the following:**

- **Summary of the article**
- **Your opinion of the article**
- **How the information may impact your life**
- **Author, title, source or information , date, and page number(s)**

**Part 2: Commercial Critique**

**Write a half page critique on each of the commercials, include the following:**

- **Summary of the commercial**
- **Your opinion of the commercial**
- **How the information may impact your life**
- **Channel, date and time viewed**
- **Was the commercial played at a strategic time to target a specific age group? Explain.**

**Please make sure to attach your responses to your email.**



**Alternative Assignment**  
**Community Resource Project**

**Directions:**

- **Select five (5) facilities in the surrounding area that you may be able to use for physical activity.**
- **At least three (3) of these sites should be commercial facilities i.e. YMCA, golf courses, etc.). A non-commercial facility would be a local, state or national park.**
- **Write a description of each facility, including:**
  - **A list of programs offered**
  - **Location of the site**
  - **Cost to use the facility, if any**
  - **Hours of operation**
  - **Age restrictions/ Height restrictions**
  - **Lessons provided/ classes offered**
  - **Source (where you found your information)**
  - **One paragraph summary explaining two advantages and two disadvantages of the facility**
- **Each description should be on a separate page**
- **Attach each sheet to the email to submit**

## Alternative Assignment

### Exercise Journal Project

#### Directions:

- Students must participate in a physical activity for at least 20 minutes.
- For full credit, the student must complete entries for (9) hours of activity.
- Students are required to write a journal entry for each physical activity. The entry should include:
  - Date and time of physical activity
  - Activity performed
  - Purpose of activity
- Your journal must be included in with your project

#### Example

Date: Wednesday March 18, 2020

Time: 4:00 to 6:00 pm

Exercise:

Leg curls- to strengthen hamstring muscles

Push-ups- to increase muscular strength upper body and core

Date: Thursday March 19, 2020

Time: 8:00 – 9:00 am

Exercises:

Walked to the grocery store and walked home carrying purchases- cardiovascular endurance