

PE Make-Up Work #1
Watch an Athletic Event
(Televised or Live) of your choice

Answer the following question in complete sentences on a separate piece of paper. Make sure you have your name, PE teacher and PE period included on your paper.

Each event you watch earns you 5 participation points.

Questions:

1. What is the event you are watching?
2. Name the teams that are playing.
3. What are the team colors of each team?
4. What are the Mascots of each team?
5. Where did the event take place?
6. Name at least 4 participants involved in the event.
7. Write down the score at the end of each quarter, half, period or performance.
8. Write about one good or one bad play that happened in the event.
9. What was the most spectacular play you saw?
10. What was your overall impression of the event you watched? (Must be in paragraph form with a minimum of 3 sentences.)

PE Make-Up Work #2
Marina Par Course
Walk or run the Marina Par Course,
performing all of the activities at each station

Answer the following question in complete sentences on a separate piece of paper. Make sure you have your name, PE teacher and PE period included on your paper. **You must have a parent signature to receive credit.** Attach this paper to assignment.

Marina Par Course = 5 participation points.

Questions:

1. Date you did the Par Course:
2. How long did it take you to complete the course?
3. Did you walk or run in between each station?
4. Tell me what you saw while at station #6.
5. What activity did you do at station #10?
6. How many repetitions did you do for each exercise?

7. What activities were easy for you? Name of activity & station #.
8. What activities were hard for you? Name of activity & station #.
9. How did you feel after you finished the Par Course?

10. Parent Signature:

I certify that my son/daughter _____ has completed the Marina Par Course.

Parent Signature _____

Date _____

PE Make-Up Work #3
Famous Athlete Report:
Write about your favorite athlete

Your report must be written in complete sentences on a separate piece of paper. Make sure you have your name, PE teacher and PE period included on your paper. Make sure you list references; books, magazines, and websites that you got your information from.

Assignment:

Report on a famous athlete. Try to include the following questions into your report:

- A: What motivated this person to be involved in their sport?
- B: What are his/her accomplishments in the sport?
- C: Why did you write about this person?

PE Make-Up Work #4
History of a Sport
Write about your favorite Sport

Your essay must be written in complete sentences on a separate piece of paper. Make sure you have your name, PE teacher and PE period included on your paper. Make sure you list references; books, magazines, and websites that you got your information from.

Assignment:

Write an essay on the history of a sport. Try to include the following in your essay:

- A: Where and who started the sport.
- B: The rules of the sport.
- C: About the equipment and playing fields.
- D: Why did you choose this sport?

PE Make-Up Work #5
Fitness Advertisement
Create a poster advertising exercise.

Your job is to create an advertisement for exercise. Using a blank piece of paper, make an ad promoting exercise. Make sure you have your name, PE teacher and PE period included on your paper.

Assignment:

Create an exercise advertisement.

- Your ad should use at least one benefit of exercise.
- The ad should be appealing to your peers (make it colorful).
- Use slogans to catch reader's eyes, like "Want strong bones and muscles? Exercise can help!" etc.
- You can create your ad by hand or use the computer.

Benefits of Exercise

- Increases muscle strength & endurance.
- Increases efficiency of heart & lungs
- Increases physical stamina
- Increases bone strength
- Improves appearance & posture
- Reduces blood pressure
- Reduces risk of cardiovascular disease
- Reduces excess body fat
- Improves mental alertness
- Improves self image
- Improves self confidence
- Relieves stress
- Improves quality of sleep
- Increases social involvement

PE Make-Up Work #6
Daily Activity Log

- + Make a Calendar with dates
- + Write the activity you did in the square on the appropriate date
- + Write the number of minutes you did the activity for.
- + Parent Signature

Activity = basketball, baseball, karate, running, walking, hiking, swimming, soccer, Wii Fit, Wii Bowling, Wii Tennis, etc.

Must have a minimum of 30 minutes per activity.