

# Bancroft Physical Education

## MAKE-UP ASSIGNMENT

**Directions:** For EACH day of class that you are absent, one make up assignment is required to make up your daily participation points. Feel free to choose which option you prefer. Or, if you'd like, you can mix and match for different days.

### Option 1: Article Summary and Response

- Find a sports, health, or fitness article from the newspaper, magazine, or Internet.
  - Read the article.
  - On a separate sheet of paper, please answer the following questions:
    1. *What is the title of the article?*
    2. *How does it relate to you or someone you know?*
    3. *Was reading this article helpful in any way?*
    4. *What questions do you still have about the topic covered in the article?*
  - If possible, please cut out or print the article and attach it to your assignment.
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### Option 2: Food and Activity Journal

- For each day that you are absent, keep track of what you eat, drink, and do for exercise.
- On a separate sheet of paper, record this information based on the example provided.
- In several sentences, analyze and assess your diet and amount of exercise. Should you exercise more? Was this a typical day? Did you have some fruits and vegetables in your diet? Too much sugar? Etc.

Example:

	<i>Monday, February 13</i>	
	<i>Food</i>	<i>Activities</i>
<i>Breakfast:</i>	<i>Cereal, orange juice, toast</i>	<i>My cousin and I rode bikes around the neighborhood for about 20 minutes. Then we went swimming for 2 hours.</i>
<i>Lunch:</i>	<i>Sandwich, chips, soda, cookie</i>	
<i>Snack:</i>	<i>Ice cream cone</i>	
<i>Dinner:</i>	<i>Spaghetti, garlic bread, salad</i>	
<i>Snack:</i>	<i>Hot chocolate</i>	

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### Option 3: Watch a Sport on TV

- Watch any athletic sport on TV (volleyball, soccer, football, baseball, hockey, tennis, golf, basketball, bowling, track & field, lacrosse, wrestling, anything!).
  - On a sheet of paper, please answer the following questions:
    1. *Which sport did you watch? Why?*
    2. *How is the event scored?*
    3. *Was the event interesting? Why or why not?*
    4. *What are the officials/referees doing?*
    5. *Name one interesting thing about watching this event?*
    6. *Which 2 teams/people are participating? What is the final score?*
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### Option 4: Sport Report

- Choose any sport you like and do some research on it.
  - On a separate sheet of paper, respond to the following instructions:
    1. *Write a brief history of the sport.*
    2. *Draw a diagram of the field, court, etc.*
    3. *Name a famous player in the sport.*
    4. *Name one other interesting fact about the sport.*
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**Don't forget to put your name and period on the top of your paper!**