**ANTIOCH HIGH SCHOOL**

**PHYSICAL EDUCATION**

**EXCUSED ABSENCE MAKE-UP ASSIGNMENTS**

IN ORDER TO EARN THE 10 POINTS PER DAY THAT YOU MISS WHEN YOU HAVE AN **EXCUSED** ABSENCE, YOU MAY DO ONE OF THE FOLLOWING ASSIGNMENTS. EACH ASSIGNMENT, WHEN DONE CORRECTLY, IS WORTH **ONE** PERIOD OF P.E.

SPORTS COLLAGE:

1. OBTAIN A PIECE OF CONSTRUCTION PAPER OR POSTER BOARD **AT LEAST** 8 ½ X 11.
2. CUT OUT A VARIETY OF SPORTS-RELATED PICTURES OR WRDS THAT ARE APPROPRIATE FOR SCHOOL FROM MAGAZINES OR OTHER SOURCES.
3. GLUE THE PICTURES ARTISTICALLY AND NEATLY MAKING SURE **NONE** OF THE CONTRUCTION OR POSTER BOARD IS VISIBLE.
4. MAKE SURE YOUR NAME IS WRITTEN CLEARLY ON THE BACKSIDE WITH DATE AND PERIOD AS WELL AS A PARAGRAPH DESCRIBING THE PICTURES AND WHY YOU CHOSE THEM.
5. TURN IN YOUR COLLAGE WITHIN **3 DAYS** AFTER YOU RETURN TO CLASS.

WRITTEN ASSIGNMENT:

PLEASE WRITE A ONE-PAGE PAPER ON A SPORT, ACIVITY, ATHLETE OF YOUR CHOICE, NUTRITION OR FITNESS RELATED TOPIC. MAKE SURE THAT YOU WIRTE AT LEAST ONE FULL PAGE THAT IS NEATLY WRITTEN AND INCLUDES PROPER PUNCTUATION AND SPELLING. THE AMOUNT OF POINTS THAT YOU EARN WILL BE BASED UPONTHE ABOVE CRITERIA. TURN IN WITHIN 3 DAYS AFTER YOU RETURN TO CLASS. **YOU MAY NOT PLAGIARIZE FROM THE INTERNET.**

ACTIVITY LOG:

IN ORDER TO RECEIVE CREDIT FOR THE DAYS THAT YOU MISSED PLEASE COMPLET THE FOLLOWING ASSIGNMENT:

1. PERFORM 30 MIN. OF A STRENUOUS PHYSICAL ACTIVITY FOR EACH DAY MISSED.
2. ANSWER THE FOLLOWING QUESTIONS AND COMMENT ON WHETHER OR NOT YOU ENJOYED THE ACTIVITY. USE THE FOLLOWING SENTENCE STARTERS….
   * + 1. WHAT WAS THE ACTIVITY?
       2. HOW LONG DID YOU PERFORM THE ACTIVITY?
       3. WHERE DID YOU PERFORM THE ACTIVITY?
       4. WHO ELSE WAS INVOLVED IN THE ACTIVITY?

HAVE YOUR PARENT(S) OR GAURDIAN SIGN THE ASSIGNMENT AND TURN IN WITHIN 5 DAYS AFTER YOU RETURN TO CLASS.