



Physical Education Extended Injury Assignment

Directions: Since you are injured and cannot physically participate in class you will participate in this unit through a research assignment. These questions should be completed in Paragraph form (5 sentences per paragraph), or equivalent length in presentation slide, using proper punctuation and grammar. You will research our current unit of study and respond to each prompt. Each bullet point should be expanded upon in a paragraph response, which is equivalent to one paragraph per day out.

Week One: Skill Development

You will spend the first week researching the necessary skill development for the unit activity.

The project must include the following information:

- If you were to warm-up for this unit activity what specific type of warm-up and movements would you perform? Why?
- Critical elements: (creating a 4 to 6 point critical elements list for each skill) select 3 skills used in the unit activity and break each skill down into a critical element list. This list should be written clearly enough so that someone who has never performed the skill would be able to read the list and understand what they would have to do if they were to attempt executing the skill.
- What are some activities that someone would do to develop these skills? Select a minimum of one activity per skillset and describe in detail why this is appropriate, and why the selected activity progresses the ability of the skill.
- If you were to cool down after this activity what type of cool down would you do, and why?
- The components of fitness are
 - Muscular strength / endurance
 - Cardio vascular endurance
 - Flexibility

Using these components identify how each would improve in the current unit activity, and why, If not then please explain why not.

*Sources should be cited in an APA or MLA formatted bibliography