



## Physical Education Extended Injury Assignment

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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 Three: Unit Performance Strategy**

*You will spend the third week researching the performance strategies for the unit activity.*

The project must include the following information:

- **Offensive Strategy:**
  - The action of engaging the opposing team or side with the main objective of scoring points or goals. This term refers to the tactics involved with the offense and their organized or planned movement.
  - Be specific on an organized play; address the role of each player on the offensive team.
- **Defensive Strategy:**
  - The action of preventing an opponent from scoring. The term refers to the tactics involved with the defense and their organized or planned movement opposing the offense from scoring or advancing.
  - Be specific on a single type of defense Ex: zone vs man coverage.
- **Rules:**
  - Explain the basic rules of the unit activity in a simple, and easy to understand manner. This section will include rules, fouls, and modifications that you feel are appropriate to be utilized in a Physical Education class and how these differ from standard rules.
  - Compare and contrast the rules found in a middle school competition vs a professional competition; what differences and similarities do you notice?

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