



Physical Education Alternative Assignment Sheet

Physical Education Teacher: Mr. Linda / Mrs. Allen

Research Assignment: To make up points for a missing day the student will have to research the current unit of study and write a three paragraph long essay on this unit guided by one of the options below.

Options for Essay.

Sports History: Research and write an essay describing the history of the sport and how it has evolved into its modern day form.

Physical Literacy: Choose a skill from the sport and connect the skill to other sports or activities that we have done in the class. The student must be specific in breaking down the elements of a skill and how these elements specifically relate to other sports.

Sports Specific Workout Plan: Students will create and explain a one-week workout plan to improve skill sets necessary for successful participation in the unit activity. This plan needs to be sports specific and students will have to provide a rationale for exercise choice, periodization and organization.

Roles of the Sport / Activity: Choose three of the following concepts and describe how it relates to this unit.

Cooperation Teamwork

Leadership

Communication

Assignment Submission Options:

1. Share the assignment with your instructor through Google Docs.
2. Email the assignment to your instructor.