Print name (Last, First):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date to be credited: \_\_\_\_\_\_\_\_\_\_ Grade: 7 8 Period:\_\_\_

Current Physical Education Teacher: Linda Allen Stapes

# Physical Education Alternative Assignment Sheet

Research Assignment: To make up points for a missing day student will have to research the current unit of study and write a three paragraph long essay on this unit based on 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. 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. 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. Hand in a physical copy typed, or handwritten into your instructor.

 **\*Handwritten forms must be legible. \***

1. Submit assignment through Google docs.
2. Email instructor.