**Licking Heights High School Physical Education Make Up Assignment**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of absence(s):\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date of Make Up:\_\_\_\_\_\_\_\_\_\_\_

Whenever you have missed participating in P.E. FOR ANY REASON that is excused, you may choose to make-up the work missed by doing one of the following assignments for each class missed.  Neatness counts.

Choice of make up: 1 2 3 4 5 6 7 8 9 10 (Please circle the number of makeup you performed)

Below are 10 options you have to choose from when making up physical education class. Please read them carefully and choose one that best fits your needs. Remember, if you choose to make up your absence(s), you have one week from the day you return to make up the class(s).

**One page typed – 12 font or 1 l/2 pages handwritten =1 day make-up (10 pts).**

**½ page = 5pts. Attach this sheet to the makeup or include the date absent and choice option at the top of your paper.**

1. Self-Evaluation: Evaluate your performance by typing a paragraph for each of the following items: Sportsmanship – comment on your sportsmanship of yourself and team, opponent, coaches, parents and fans. List 2 examples of personal responsibility/safety behaviors you demonstrated. Are you happy with your performance? Why / Why not? How do you hope to improve your performance for future competition? What offensive/defensive strategies did you use? Where these strategies successful or unsuccessful? Why?
2. Provide a new page for our Exercise Binder (in the Fitness Room); it should include a written description and picture of a specific exercise.
3. Compile a music CD for fitness center with CLEAN music.
4. Design a drill, pertaining to your current P.E. unit using the skills we have learned during class. Include a written description of the drill, a diagram of the drill, and a discussion of the proper techniques used to do the skill.  For weight lifting you can design a circuit course using the muscle groups we have discussed in the weight lifting unit.
5. Write a paper describing a non-traditional game not covered in class. In the paper include the basic concept of how the game is played, give at least 10 rules of the game, and describe the main skills of the game and share with the class.
6. Complete a page on (current PE unit) safety.  Be sure to include at least 10 safety suggestions and an explanation of the rationale behind each.
7. Read and clip or copy an article (newspaper, magazine, periodical, internet) dealing with your current P.E. unit.  Describe in your own words what the article was about; what you liked or disliked about the article; how the article relates to health, PE, fitness, or sport. Be prepared to share it with the class and turn in the article.
8. Attend a LHHS athletic event.  Include a written summary including the following information:  date of game; time of game; site of game; name of teams; score of the game and winner; level of team (Frosh, JV or Varsity); then complete the write-up with a description of the game and any exciting or unusual plays.
9. Fitness Journal: If out-of-town, record the type of exercise you did including the length of time you worked out.  Include a parent signature for each day you were gone, not just PE days.
10. Other ideas may be cleared, ahead of time, with your P.E. teacher.