

Salida Middle School Physical Education

Make-Up Assignments by teacher permission only

Make-ups are required for all doctor's notes that limit all physical activity and may be used for Independent Study as well.

There are two ways to make up the days missed while on a doctor's note. Spectator or knowledge activities are acceptable. All work should be your own words, make sure not to cut and paste.

Spectator Activity

Observe, in person, via TV, or from a recording, one of the following sporting events and write a one-page summary. These events can take place at the Jr. High, High School, College, or Professional level. Any of the following activities are acceptable. Football, soccer, cross-country, running, tennis, volleyball, basketball, softball, baseball, wrestling, track and field, swimming, or student choice with teacher approval.

Knowledge Activities

- A. Read an article related to health, fitness or sport, and write a one paragraph summary (five complete sentences minimum) about that article. Please include the title and your source of information.
- B. Read a short biographical sketch about a noted sports figure and write a one-paragraph summary (five complete sentences minimum)
- C. List and define 15 terms from any sport (must use complete sentences)
- D. List and explain ten rules from any sport (must use complete sentences)
- E. Diagram the playing area of any sport or recreational activity. Include the dimensions of the playing area, names of the positions, and where they line up on the playing field. (in google docs create the diagram of the playing area using drawing tools)