

Physical Education Make-Up Assignments

Whenever you miss a physical education class (no matter what the reason is, excused or unexcused) you may choose an assignment from the list below to make up for the missed class or classes. Reminder you can not make up classes where you were unprepared (no shoes)

Please follow these rules when completing your assignment:

- *Assignments should be typed*
- *Size 12, Times New Roman font*
- *Double spaced*
- *Do not change the margins*
- *Please do not put a big title on the top to take up space*
- *Each assignment should be a full page in length to receive maximum credit*
- *Make sure to put your "Name, Grade, PE Class period, and PE Make Up" in the subject if emailing to your teacher.*
- *Feel free to email your work: nbergeron@smithtec.org or jduggan@smithtec.org*

All work is due within 2 weeks of missed class or before the end of the trimester if there are less than 2 weeks remaining in the trimester. Do not wait until the last minute to submit make up work!

- Complete a Phys Ed packet (See your PE teacher for one) These packets come in a variety of different subjects including traditional games (Basketball, Soccer, Baseball, Softball, Volleyball) and non traditional games (Team Handball, Ultimate Frisbee, Gymnastics, etc.) The packet includes a summary with the history of the game, rules, strategies and contains short answer questions, a word search and crossword puzzle. Completing one of these packets will make up 2 missed class periods.
- Complete a page on PE safety. Include at least 10 safety suggestions *and an explanation of the rationale behind each.*
- Write a paper describing a non-traditional game not covered in class. In the paper include a general description of the object of the game. Include at least 5 rules of the game, the main skills someone would need to be successful in the game, and what

equipment and space may be needed for the game. Last, write about why you chose this game, what you like about it, and what you would change about it.

- Attend a Smith Vocational athletic event. (If you play sports, going to your own game does not count). Write a written summary of the game including the following information:

A. Date of game

B. Where the game was held

C. Level and gender of teams

D. Time of game

E. Name of both teams (mascot too!)

F. Score of game/winner and loser

Be sure to explain some of the highlights from the game. (a nice play, who scored etc.) Last, take a selfie at the game (with the game going on behind you) and send it to my email address along with your written summary of the game.

- Write about your plan to be a healthy and active person as an adult. In your description include activities you will be involved in, how often you will be active, why you have chosen these activities, and where you may take part in these activities. (On your own, at a health club etc.) Also, be sure to include information on nutrition. What should your diet look like so that you can stay healthy?
- For long term absences (4 or more days) please use “ABC’s of Physical Education and Health” for this packet you must complete 1 letter of the alphabet for every class period you miss. This should be handed to your Phys Ed teacher upon returning to school.

<https://docs.google.com/document/d/1fnPyn4pB034ZxZuViPTBUn0M6wmWqK8NcnNfWNgxv2g/edit>

- If you have another idea for an assignment, it must be cleared *ahead of time* with your PE teacher.