

Physical Education Make-Up Assignment

When you are unable to attend class and/or fully participate in PE you must complete one written assignment for EACH DAY you missed class or were unable to fully participate.

All students are expected to make up any excused absences, field trips, and non-participation medicals when a Doctor/Parent Note is provided.

Upon completion of the writing assignment, please turn in your make up worksheet for up to 10 point's credit within 5 days after your absence or medical.

Assignment Directions:

1. Find, **PRINT and ATTACH** a half to full-page article related to health, fitness, nutrition, injuries, or current sports events. Read the article.
2. Reread the article and highlight or underline 3 words from the text related to physical fitness, health, or nutrition that you may not be familiar with and may not know the definition of.
3. Using the 3 words from the articles, complete the definition chart on the back.
4. Write a 5 sentence summary of the article. Be sure you identify the author's claim, thesis, or main idea.

Name: _____ Period: _____ Date of Absent: _____

Word from text	Context sentence (copy the sentence from text)	Dictionary definition	In your own words explain what this word means	Create a new sentence using this word

Summary: write a 5 sentence summary of the article. Be sure you identify the author's claim, thesis, or main idea.
