



Oak Park Freshman Institute
Physical Education
Make Up Assignments for Absences

Name _____ Today's Date _____

Date of Absence: _____ Class Period: _____

Whenever you have missed participating in **P.E. DUE TO AN ABSENCE** (other than a school activity), you may choose to make-up the work missed by doing one of the following assignments for each class missed.

One page handwritten = 1 day make-up (10pts.)

$\frac{1}{2}$ page handwritten = 5pts.

Directions: Choose one of the options below and check the appropriate box. For full credit, you must hand in your completed work within **one week** of receiving the assignment. Papers will not be accepted if they are received after their due date. Please attach this form to your assignment with a check mark next to the option you have selected.

Option A

Research an Activity

Research a physical activity/sport and provide a 1-2 page summary of your finding.

Your paper should include:

- History of the Game.
- Information necessary in order to participate (ex: rules and regulations).
- Personal reflection about your interest and experience with the activity/sport.
- Description of the health-related benefits.

Option B

Read an Article

Read an article (newspaper, magazine, periodical, and internet) dealing with the current P.E. unit you are learning in class. Describe in your own words what the article was about; what you liked/disliked about the article; how the article relates to health, PE, fitness, or sports. Be prepared to share your findings with the class.



Option C

Non-Traditional Game

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.

Option D

Watch/Attend an Athletic Event

Attend an athletic event (i.e. grade level/collegiate/professional sports game) provide a detailed game report. This report should include a written summary including the following information: date of the game; time of the game; site of the game; name of the teams; score of the game and the winner; level of the team (elementary, middle, high school, college, or professional team), then complete the write-up with a description of the game and anything exciting or unusual plays. Have parent sign your summary to verify your completion of the assignment.

Option E

60-Minute Workout

Complete a 60-minute workout routine a home. Describe in detail your workout plan including the following information: the exercises performed; number of repetitions for each exercise performed; the benefits from doing each exercise; and time and date of when the exercise routine was being performed. Have a parent sign your summary to verify your workout routine.

Option F

Fitness Journal (Extended Absences)

If you are taking a vacation out-of-town, start a fitness journal of a 60-minute workout routine for each day you are absent from class. For each journal entry include the following information: describe in detail your workout plan including the following information: the exercises performed; number of repetitions for each exercise performed; the benefits from doing each exercise; and time and date of when the exercise routine was being performed; and record the type of exercises you did including the length of time you worked out. Be sure to include a parent signature after each journal entry to verify your workout routine.

Student Name _____ Grade _____

Student Signature: _____ Date: _____

Parent's Name _____ Phone # _____

Parent Signature _____ Date: _____