

## PHYSICAL EDUCATION MAKE-UP ASSIGNMENTS

Whenever you have missed participating in P.E. FOR ANY REASON (other than **truancy or school activity**), you may choose to make-up the work missed by doing one of the following assignments for each class missed. Neatness counts.

**One page typed – 12 font or 1 1/2 pages handwritten =1 day make-up (1 day of participation).  
1/2 page = 1/2 day (1/2 participation points)**

1. 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.
2. 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.
3. 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.
4. 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.
5. Attend a Clovis West or Kastner 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.
6. Attend a 0 period make-up session. You must wear PE clothes, arrive on time and run 1 mile per missed day. Must be arranged through your teacher.
7. Other ideas may be cleared, ahead of time, with your P.E. teacher.

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**MAKE-UP WORK IS TO BE COMPLETED WITHIN 3 days OF THE CLEARED ABSENCE UNLESS SPECIAL PERMISSION IS OBTAINED.**