

## Physical Education Alternative Assignments Contract

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Semester: \_\_\_\_\_ Class: \_\_\_\_\_

Teacher's Name: \_\_\_\_\_

The following choices are available to students who need to perform an alternative project due to a medical condition, in school suspension, suspension, or approved absence.

**All work is due on or before \_\_\_\_\_.**

**You are responsible for the teacher initialed assignments:**

You are responsible for contracting for the amount of days missed:

1. \_\_\_\_ Complete a Physical Activity Internet Research Project. A separate form is required from your teacher. (*see attachment*)
2. \_\_\_\_ Be present at an athletic event as a spectator from start to finish of the contest and write a one page report on the highlights of the game. (*see attachment*)
3. \_\_\_\_ Complete a poster board collage **or** PowerPoint project of a chosen activity or sport. Collages should be thematic and suitable for display. (*see attachment*)
4. \_\_\_\_ Complete the Personal Fitness Log Project for a 14-day timeframe. (*see attachment*)
5. \_\_\_\_ Complete the Article/Commercial Critique Project. (*see attachment*)
6. \_\_\_\_ Complete the Community Resource Project. (*see attachment*)
7. \_\_\_\_ Complete the Family and Community Fitness Project. (*see attachment*)
8. \_\_\_\_ Complete and record your Physical Therapy Program. (*see attachment*)

**This page must be included with your work.**

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

**Alternative Assignment**  
**Physical Activity Internet Research Project**

Name \_\_\_\_\_ Date \_\_\_\_\_

Teacher \_\_\_\_\_ Class \_\_\_\_\_

**Directions**

- Choose a physical activity (sport, game, etc) and research it using the internet.
- You are responsible for answering all questions regarding the activity you choose using the internet.
- Include the internet address and name for each web site you use. Space has been provided, however if you need extra room you may attach additional sheets.

**Activity:** \_\_\_\_\_

- 1. What are five (5) fundamental rules of your selected activity?**
  
- 2. Examine two (2) countries where your chosen activity is currently played.** You must include types of leagues (professional, college, high school, etc) and who participates (males, females, age groups, level of participation) for each country. Make sure you include the web site(s) name and address where you found the information.
  
- 3. Write a two (2) paragraph summary of a current event that is happening or has happened within the last six months within the activity you selected.** This can be an international/national/state or local event. Examples: Steroids use in baseball, a local team beating a rival team, etc. Make sure you include the web site(s) name and address where you found the information.
  
- 4. If you were going to explain to someone how to get involved in this activity, what would you tell them?** You must include: equipment, prices, how to train for the activity, and where in the community the activity can be played. Make sure you include the web site(s) name and address where you found the information.

**1. What are five (5) fundamental rules of your selected activity?**

Web site(s)

Web address(es)

**2. Examine two (2) countries where your chosen activity is currently played.**

Web site(s)

Web address(es)

**3. Write a two (2) paragraph summary of a current event that is happening or has happened within the last six months within the activity you selected.**

Web site(s)

Web address(es)

**4. If you were going to explain to someone how to get involved in this activity, what would you tell them?**

Web site(s)

Web address(es)

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

**Alternative Assignment**  
**Physical Fitness Event Project**

**Directions:**

- Attend a physical fitness event from start until finish.
- Complete the information form below.
- Provide spectator verification - ticket stub and signature of an event staff member
- Write a one (1) page paper on the event including the following:
  - Type of event
  - Date of event
  - Teams
  - Location
  - Score
  - Highlights
- Attach completed paper to this form and submit to teacher
- Project must be turned in with parent/guardian and event staff member signatures

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**Event in Brief**

**Type of event:** \_\_\_\_\_

**Date of event:** \_\_\_\_\_

**Teams:** \_\_\_\_\_ **vs.** \_\_\_\_\_

**Location of event:** \_\_\_\_\_

**Final score:** \_\_\_\_\_ to \_\_\_\_\_

**Highlights:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Event Staff Member Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

## Alternative Assignment Physical Activity History Presentation

**Directions:**

- Choose a physical activity to research
- Create a PowerPoint or Prezi presentation on your activity
- The PowerPoint must include a minimum of
  - 20 pictures
  - 10 rules
  - 10 historical facts
  - 20 slide minimum
- The pictures, rules and facts should be spread throughout the presentation
  - (ex. 1 picture + 1 fact per slide)
- The PowerPoint must be printed out or emailed to your teacher on the due date
- Project sheet must be turned in with a parent/guardian signature
- Be creative!

Below is a chart to help assist you with planning your presentation.

**Theme/Sport/Activity:** \_\_\_\_\_

### Rules

1.		2.	
3.		4.	
5.		6.	
7.		8.	
9.		10.	

### History

1.		2.	
3.		4.	
5.		6.	
7.		8.	
9.		10.	

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

**Alternative Assignment**  
**Personal Fitness Log**

**Directions:**

- Record daily in your Personal Fitness Log
- Each entry should be properly dated
- Entries should include the following:
  - All food and beverages consumed, including approximate quantity
  - Physical activities performed, including approximate length of time and intensity level
  - Parent initials
- Entries may either be typed or hand written
- Project must be submitted with parent/guardian's signature

**Example Entry**

Monday, May 8

Breakfast - small bowl of frosted flakes with 2% milk, 2 pieces of toast with grape jelly, 1 small glass of orange juice

Snack - 1 snack size bag of Doritos

Lunch - 1 ham, cheese and lettuce sandwich with mustard, 1 snack size bag of pretzels, 20 oz bottle of soda, 2 big chocolate chip cookies

Snack - 1 large apple

Dinner - 2 servings of spaghetti and meatballs, a medium bowl of salad, 4 small pieces of garlic bread, 2 large glasses of water, 2 big brownies

Snack - 1 bag of microwave popcorn, extra large glass of lemonade

Physical Activity

1. Played basketball – 30 minutes – intense most of the time
2. Mowed lawn with push mower – 45 minutes – medium intensity
3. Walked ½ mile from bus to home after school – slow pace

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

**Alternative Assignment**  
**Fitness Article/Commercial Critique**

**Directions:**

Read four (4) articles and view two (2) commercials related to fitness (muscular strength, muscular endurance, cardiovascular fitness, flexibility, body composition, or nutrition)

**Part I: Article Critique**

Write a one (1) page critique on each of your articles, include the following:

- Summary of the article
- Your opinion of the article
- How the information may impact your life
- Author, title, source or information, date, and page number(s)

**Part II: Commercial Critique**

Write a half page critique on both of the commercials, include the following

- Summary of the commercial
- Your opinion of the commercial
- How the information may impact your life
- Channel, date and time viewed
- Was the commercial played at a strategic time to target a specific age group? Explain.

Attach all critiques to this sheet to turn in. Project must be submitted with parent/guardian signature.

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Parent/Guardian Signature

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Date



**Alternative Assignment**  
**Community Resources Project**

**Directions:**

- Select five (5) facilities in the surrounding area that you may be able to use for physical activity.
- At least three (3) of these sites should be commercial facilities (i.e. YMCA, golf courses, etc.) A non-commercial facility would be a local, state, or national park, etc.
- Write a description of each facility, including:
  - A list of programs offered
  - Location of the site
  - Cost to use the facility, if any
  - Hours of operation
  - Age restrictions/ Height restrictions
  - Rental equipment availability
  - Lessons provided/ classes offered
  - Source (where you found your information)
  - One paragraph summary explaining two advantages and two disadvantages of the facility
- Each description should be on a separate page
- Attach each sheet to this form to turn in
- Project must be submitted with parent/guardian signature

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Parent/Guardian Signature

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Date

**Alternative Assignment**  
**Family and Community Fitness Report**

**Directions:**

- Plan and participate in different physical activities with family or community members.
- You must participate in five (5) different activities for a minimum total of 540 minutes (9 hours).
- Write a brief summary of each activity, including:
  - Type of activity
  - Length of activity
  - Location of activity
  - Approximate number of people involved
- Write a paper describing two (2) physical and two (2) social benefits of engaging in physical activity with other people.
- Project must be submitted with parent/guardian's signature

Sample activities: bike riding, swimming, dog walking, or team activities

\*Keep in mind these activities should be completed **with** family members or other community members, not alone.

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Parent/Guardian Signature

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Date

**Alternative Assignment**  
**Physical Therapy Project**

**Directions:**

- This project is designed for students enrolled in a physical therapy program (minimum of nine (9) hours).
- Students are required to write a journal entry for each physical therapy appointment. The entry should include:
  - Date and Time of Physical Therapy
  - Activity performed
  - Purpose of activity
- Journal may be typed or handwritten
- Project must be submitted with parent/guardian's signature

**Example**

Date: Wednesday, July 6, 2008

Time: 4:00 to 6:00 p.m.

Exercise:

Leg Curls – To strengthen hamstring muscles

Pendulum Swings – To increase range or motion

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Parent/Guardian Signature

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Physical Therapist Signature

**Alternative Assignment**  
**Exercise Journal Project**

**Directions:**

- Students must participate in a physical activity for at least 20 minutes.
- For full credit, the student must complete entries for (9) hours.
- Students are required to write a journal entry for each physical activity. The entry should include:
  - Date and Time of Physical Activity
  - Activity performed
  - Purpose of activity
  - Parent initials
- Journal may be typed or handwritten

**Example**

Date: Wednesday, June 5, 2008

Time: 4:00 to 6:00 p.m.

Exercise:

Leg Curls – To strengthen hamstring muscles

Pendulum Swings – To increase range of motion

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date