

RONAN MIDDLE SCHOOL HEALTH AND PHYSICAL EDUCATION DEPARTMENT

RMS PE ABSENT/NON-PARTICIPATION MAKE UP ASSIGNMENT

Assignment DUE no later than one week before mid-term of the quarter or one week before end of quarter

(STUDENT FIRST AND LAST NAME)

(PE CLASS PERIOD)

(DATE ABSENT)

- Each of the following is worth activities is worth **ONE DAY of ABSENCE** or **ONE EXCUSED DAY of NON-PARTICIPATION.** **CHECK MARK** which assignment you complete and attach to this paper

_____ **Complete 30 minutes of physical activity** and **explain** which component of fitness (Cardio Respiratory Endurance (CR), Muscular Strength, Muscular Endurance, Flexibility, and Body Composition) was the focus of your workout. ***BE SURE TO give your written paper a TITLE and ATTACH to this paper with both signatures and TURN in to your teacher within two days of returning to PE class.***

_____ **Watch a sporting event** and give **three examples** of positive and/or negative **sportsmanship** with an explanation of what makes each example positive or negative. The sporting event can be live or televised and can be at any level. ***BE SURE TO give your written paper a TITLE and ATTACH to this paper with both signatures and TURN in to your teacher within two days of returning to PE class.***

_____ **Summarize your practice** if you are involved in an after school athletic activity. Include the drills you did, skills you developed, and the conditioning you did. ***BE SURE TO give your written paper a TITLE and ATTACH to this paper with both signatures and TURN in to your teacher within two days of returning to PE class.***

_____ **Create a journal of your activity** if you are missing school to participate in a physical activity or sport (football game, basketball tournament, rodeo, track meet, field trip, etc...) provide detailed information on the event including when and where it was, number of participants, highlights and results. ***BE SURE TO give your written paper a TITLE and ATTACH to this paper with both signatures and TURN in to your teacher within two days of returning to PE class.***

- **PE GRADING:** Students start each RMS HE/PE class period with all possible points. Student may lose points
- **20 points** – The assignment is at least half of a page long and either typed or neatly written.
 - **20 points** – The assignment is well written and includes complete sentences with correct spelling, grammar, and punctuation.
 - **20 points** – The information provided is specific and descriptive.
 - **20 points** – The assignment identifies the components of fitness (flexibility, muscular strength, muscular endurance, cardiovascular endurance, speed, and agility) used by you or the people involved in the activity.
 - **20 points** – The assignment is turned in on time.

- **To receive credit, you must have the STUDENT SIGNATURE on this sheet & attach assignment.**

*Student signature _____ *Date _____

- **To receive credit, you must have a PARENT/GUARDIAN SIGNATURE on this sheet.**

*Parent signature _____ *Date _____

Your signature verifies that your student participated in all the activities described in his/her make-up assignment

RMS PE MAKE-UP ASSIGNMENT
Respect – Responsibility – Ronan Pride

SPECIAL NOTE: If submitting online through google docs, students need to include

- **Student First and Last Name at top of paper**
- **Title of Article**
- **Date of absence**
- **Date of submission**
- **Parent/Guardian First and Last Name and contact information**