

PE Make-Up Report

These reports are due no later than five (5) school days from the day you were gone. Make sure they are done neatly and legibly. Each specific assignment can be done only once; for multiple days missed, you may combine selections on those assignments that have more than one choice. All assignments are to be a minimum of ONE page in length. For each researched assignment, write a bibliography for the source of information you used.

To make-up the points you have missed in physical education for an excused absence, you need to complete one of the following:

1. Choose one of the following sports and research the careers of two of the most famous athletes who excelled at that sport. Write a brief biography of each of the athletes you selected and 8 to 10 questions you would ask each if you could.
 - Football
 - Tennis
 - Basketball
 - Skiing
 - Baseball
 - Track and Field
 - Soccer
 - Swimming
2. Compare and contrast your favorite and least favorite individual and team sports.
3. Design a well-balanced week's menu (Monday - Sunday) following the "food plate".
4. Plan a new sports complex for the Montesano Junior-Senior High School. State all of the sport opportunities you would make available to our students and your reasons for providing them.
5. Invent a new in-the-gym game for MHS P.E. List the equipment needed, the rules, and the skills required to successfully play this game.
6. Research three different types of common sport injuries students may suffer. State how they may happen, the immediate first aid needed, and the long-term care required during the healing process.
7. Research how the diet of a professional athlete would differ from the diet of an office worker. Be specific as to calories required, food groups emphasized, and dietary precautions needed by both.
8. Develop a list of life-long individual and team sports MHS students should be able to play by the time they graduate from high school. State your reasons for the decisions.
9. Using [Evolve](#), the library~media center's online public access catalog (OPAC), develop a bibliography of fiction and nonfiction for your grade level from one of the following subject areas:
 - Individual sports
 - Team sports
 - Physical health
 - Mental health
10. Do you think today's professional athletes are too highly paid for their contributions to their teams? Research the wages paid to the stars of different sports and explain your answer.
11. Write out a short-term (one month) and a long-term (one year) improvement / maintenance plan for your physical well-being. Include physical exercise options, a healthy diet plan, and time management techniques that will work for you.
12. Read an article or a chapter of a book on a sport or health topic you are interested in.
 - Cite the source using appropriate bibliographic format
 - Summarize the article or chapter
 - Give a personal reaction to the information you read.