

Physical Education Assignment

REQUIREMENTS

- Include your name, period and at the top of the paper you turn in(must be typed)
- Include the number that you chose to do (Standards 1-5)
- Use complete, well thought out, sentences

ASSIGNMENTS

Below are assignments that relate to the New Jersey State Physical Education Standards. Choose any standard that you find the most interesting. Complete all the questions under the assignment.

Standards 2.5 & 2.2

1. Type/Write 2-5 paragraphs about a team sport that we have done in class (If we have not done one, then choose one that you like or have participated in). Include the object of the game, basic rules, fouls, penalties, 3 important skills and 4 strategies used.
2. Choose a specific skill that we have done in class. Pretend that you are teaching a family member or friend how to do the skill. Using 2-5 paragraphs, “explain” how to do the skill. Include specific skill cues, when you use the skill, why the skill is important to learn and what other sports/activities you may need to use that skill.

Standards 2.6

3. Type 2-5 paragraphs about being fit. Being fit is a difficult thing to achieve because it takes dedication, determination and work ethic. Include in your paper, the following:
 - Your definition of fitness
 - Benefits of being fit now and later in life
 - Challenges you face in your life now (and later) in achieving fitness
4. As you know, there are 5 fitness components- muscular strength, muscular endurance, cardiovascular, flexibility and body composition. Using 2-5 paragraphs, choose 2 of the fitness components that you think are the most important to have and WHY. Include, activities and training you would do to achieve those fitness components.

Standard 2.4 & 2.1

5. Type 2-5 paragraphs about why you should be able to work with a person even if you don't really like them. Explain why this is an important skill to have now and later on in life. Make sure to state how this will benefit you personally and give specific examples. In other words, explain why being a good sport and good human is such an important skill.