

Long Branch Physical Education

Weekly Assignments

Welcome to Week 1!

Subject packet: complete all pages in activity packet (available on the web site) and return to your PE attendance teacher at the conclusion of your medical.

NJCCCS: 2.5.A.4; 2.5.B.1; 2.5.B.2; 2.5.C.1; 2.5.C.2; 2.5.C.3

Welcome to Week 2!

There are two week 2 assignments. Please see your PE attendance teacher for instructions on which to complete.

Research Paper: Write a 2-page paper giving the detailed history of your assigned subject. The paper must be double-spaced, using 12-point font.

Include: Country of origin, founder, any changes throughout the sport's history, positions, fields, length of play, equipment, and other pertinent information.

You must include a works cited/bibliography page.

NJCCCS: 2.5.A.4; 2.5.B.1; 2.5.B.2; 2.5.C.1; 2.5.C.2; 2.5.C.3

OR

Personal Fitness Plan

Students will create a personal fitness plan for 1 week. Included should be specific fitness goals and specific exercises to accommodate each goal. This should be done on a 7 day calendar format and must include a nutrition plan for each day.

NJCCCS: 2.1.A.1; 2.1.B.1; 2.1.B.3; 2.6.A.2; 2.6.A.3

Welcome to Week 3!

Choose ONE of the following assignments.

Pamphlet: Design an informational pamphlet on your assigned activity.

Include: Pictures, history, outside of school organizations, tournaments

OR

Subject Logo: Create a logo for your activity.

You may use the following link for some ideas and to help you get started:

<http://www.garysimon.net/logotutorial/>

OR

Study Guide: Create an in depth study guide on your assigned activity. Include information on the history of the sport, rules and regulations of the game, equipment and vocabulary.

NJCCCS: 2.5.A.4; 2.5.B.1; 2.5.B.2; 2.5.C.1; 2.5.C.2; 2.5.C.3

Welcome to Week 4!

Choose ONE of the following assignments

Bulletin Board: See your PE attendance teacher if you choose this assignment. Create a bulletin board meeting the following criteria:

1. The board must be specific to you assigned activity.

2. The board should include the following:

a. color paper backing

b. title for activity

c. logo for activity

d. pictures and/or cutouts

e. printouts from prior assignments including: history of sport/activity, equipment, professional names/people (if it applies), brief description, local groups/teams

3. The bulletin board must be neat, colorful, creative and appropriately filled in, using the space provided.

OR

Jeopardy Game: Create a digital Jeopardy-inspired game for your activity.

Create a question bank (with answers) for your jeopardy game that includes all aspects of the sport/activity. Make sure you have enough questions in your bank to fill all the boxes that are included in the game. Be creative and have fun.

You should create your game as a digital project in PowerPoint, or other software/online tool. There are many templates and tools available, including this one:

<http://elainefitzgerald.com/Jeopardy1Template.ppt>

OR

Informational Presentation: Create a digital presentation (PowerPoint, Prezi, or other) with a minimum of ten slides (or equivalent) on your activity. Include any information collected from prior week's assignments. Be creative!

NJCCCS: 2.5.A.4; 2.5.B.1; 2.5.B.2; 2.5.C.1; 2.5.C.2; 2.5.C.3

Welcome to Week 5!

Design a test: The test must be geared towards your assigned subject. It must have at least 30 questions, and include at least three different types of questions. You must include an answer key.

OR

Commercial: Create and film a commercial for your assigned subject. It could be for a camp, tournament or promotion of the sport/activity.

Here are some guidelines:

- ☐ Preparation should be done in the media center/I.S.S. room during your scheduled time.
- ☐ The commercial should be appropriate and creative.
- ☐ The commercial should be at least 30 seconds long and no longer than 1 minute
- ☐ Filming may not be done during school hours.
- ☐ The finished commercial must be emailed or put on a disk and given/sent to your PE attendance by the due date.