

Physical Education Homework:



Area's of Improvement Paper

Due: Thursday September 12th or Friday September 13th

You will be writing a minimum one page paper (single spaced) on your weakest areas of health and skill related fitness, you will write on three different health/skill fitness concepts that you need to improve in.

You must pick at least **one HEALTH** related fitness concept to write on and **one SKILL** related fitness concept. The third fitness concept can come from **EITHER the health or skill** areas.

- In the first part of each paragraph you will introduce what the fitness concept is.
 - Use your definitions. *(5 points)*
- Next explain what this fitness concepts means to you in your everyday life.
 - How would it benefit you? How does it hurt you?
 - Cite your test scores. *(10 points)*
 - If you scored well but feel it is your weakest area explain, with examples, why?
- Explain and analyze why you think you did badly on the test for this fitness concept or perform weak in this area at other times? *(10 points)*
 - Do you watch Netflix all day? Does your sport rely on power instead of speed? Did you have an off day?
- Write out a plan on how you are going to improve your fitness in this area.
 - Include if this involves working out alone, joining a gym, or eating better and be SPECIFIC!
 - Don't just put that you are going to stretch everyday, put WHAT stretches. Say what days, for how long and what type of cardio exercise are you going to do. Include what sport you might join to improve your reaction time or coordination. Detail here is key! *(15 points)*
(5 points for grammar, spelling, editing, organization and writing style)

Point Values:
<u>Areas of Improvement Paper:</u> 45 points - Academic
<u>Health and Skill Testing WorkSheet:</u> 25 points - Skill
<u>Measurement Sheet:</u> 10 points - Social Responsibility

Organization:
You will turn this paper, the three page station testing worksheet and the one page measurement document stapled together in that order.
<i>You may include a creative cover page for 1 to 5 bonus points.</i>

DO NOT MISS THIS ASSIGNMENT OR DUE DATE!!!!