



FUN, you need to have it to be happy.



Movement you need to it be healthy and happy.

Homework, because sometimes you need a push to do good things.

Assignment:

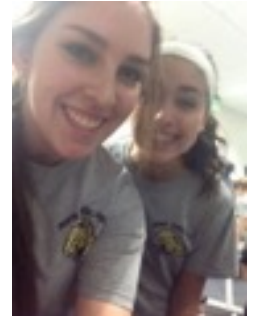
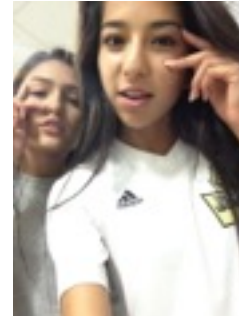
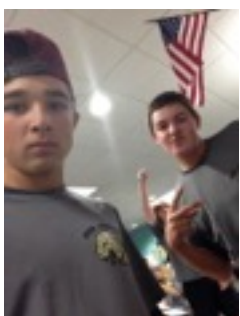
What you need: You and at least one person you can have fun with.
(Parent, sibling, cousin, friend, dog)

What you do: Something active and social and epically fun, yes epic.
Organize a soccer/baseball/football/mongoball game, a park day with childhood games like red rover and tag, a hike, marco polo and races in the pool, tennis/pickle ball/badminton matches, a fun run in the hills, a plank off, set up a scavenger hunt, go rock climbing, or ice skating, the possibilities are endless. (It does not have to cost a cent)

Don't do something you always do. If you run with a friend after school every day, mix it up. I won't except any sport practice as a project or playing a sport you are currently in. Create something and get one or as many friends as possible to do it with you. The activity has to cause you and your friends to be physically active and engaged and should cause you to enjoy each others company for at a minimum of 45 minutes.

What you turn in: A brochure/power point/song/poster/scrap book/write up/flyer/slide show that conveys the experience and addressing the following prompts.

- 1) What did you do?
- 2) Why did you pick this activity?
- 3) Did you learn anything new about the people you were active with and/or create any good memories with this person?
- 4) Did you enjoy the activity/experience?
- 5) How much work was it getting it together?
Was it worth it?
- 6) Pictures, of you and your friends doing your awesome activity.



Grading Rubric:

	A+/A	B	C/D	D/F
1) What did you do?	Uses words, pictures, song lyrics, or another media to explain the activity and the emotion of the experience	Explains what was done, lists tiny modifiers like rule changes or how teams were chosen.	Provides a one line response like 'soccer'	Provides little to no information
2) Why did you pick this activity?	Provides a detailed, meaningful rational for the activity choice	Provides a rational for the activity choice	Provides a one line response a kin to 'because it's fun'	Provides little to no information
3) Did you learn anything new about the people you were active with and/or create any good memories with this person?	Uses words, pictures, song lyrics, or another media to explain the activity and the emotion of the experience. Shares even simple details like learning you friend is very bad at skating in a	Presents new knowledge of friends and conveys if the experience was enough to be something they enjoyed and would remember or if activity ended up being more everyday.	Provides brief response with little detail or did not put in enough effort to make the physical activity something beyond an every day experience.	Provides little to no information
4) Did you enjoy the activity/experience?	Provides a detailed, meaningful rational	Provides a argument for enjoyment/disapointment	Provides a one line response a kin to 'It was fun/It was boring'	Provides little to no information
5) How much work was it getting it together? Was it worth it?	Explains' with details what you had to do to organize this event. Conveys if the work was worth the experience	Provides some details about what was required to organize event. <i>(like calling for hours, texting friends, getting a football, rides)</i>	Provides a one line response a kin to 'Not much work.'	Provides little to no information
6) Pictures, of you and your friends doing your awesome activity.	Visual representation was of high quality and something you would actually keep. Meaningful and creative, gives a strong understanding of the experience	Event was visually represented	Pictures provided but presented simply, like printed off on white paper. Something you'd toss or forget after class	No pictures, drawings or visual representation