

Alternate Assignments – due to extended time away from activity as the result of an illness/injury/absence.

Make sure to include the dates the assignment is making up for.

Do not **PLAGIARIZE** this means you may NOT copy and paste someone else's work and try to pass it off as your own thoughts, this is stealing. You can use what someone else wrote but you must put it in your own words and then cite that source. Plagiarism can result in serious consequences including a failed grade.

Option 1 (Worth 25 points/1 week): research a sport of your choice and write a summary covering the following:

- Historical time frame of the sport (2 points)
- Basic rules, terminology, etiquette, etc. (Explain how the game is played) (3 points)
- Offensive and defensive tactics (if applicable), individual/team strategies (3 points)
- Health-related fitness benefits gained from participation in the sport (5 points)
- Specific skill-related fitness concepts associated with the sport (5 points)
(examples: The development of agility and speed will help an offensive player with the ball create separation from the defender. Improved balance will help a beginning golfer's swing when hitting out of a bunker)
- Impact the sport has had on the culture of the society involved (3 points)
(example: If you are researching baseball, you may look into the reasons why baseball is considered America's pastime.)
- Minimum-2 full pages double spaced, font size 12 (2 points)
- Citation/Bibliography page (2 points)

Option 2 (Worth 25 points/1 week): research a sport's personality of your choice and write a summary covering the following:

- Type of sport's personality – (coach, player, owner, reporter, announcer) (1 points)
- Impact the person made on the sport (5 points)
- Impact the person made on the community (5 points)
- Lessons you can learn and apply to your life based on the person's experiences and choices made; good or bad. (5 points)
- Conclusions you can draw about the person's successes or failures (5 points)
(What specific actions were taken to allow for her success? What was the reason he experienced these setbacks?)
- Minimum-2 full pages double spaced, font size 12 (2 points)
- Citation/Bibliography page (2 points)

Option 3: create a poster to be displayed in the gym on a topic from the following (Worth 25 points/1 week):

- Major muscle - (origin and insertion, location, how to strengthen, pull or push, bone and joint involved, what movement or sport is involved)
(example: Triceps: origin – shoulder; insertion – elbow; location – back of upper arm; strengthen by – dips, press downs, extensions; it is a push movement; joint – elbow, bone – humerus; throwing a ball, tennis serve)
- Stretching movements (dynamic or static)
(include the movement, muscle groups involved, benefits from the stretch) (use examples from the list used in our warm-up routines)

(poster should have illustrations, pictures or diagrams, and must be readable – large print or type, creativity should be evident with use of color and should be overall aesthetically appealing. It also needs to include a bibliography list on back as well as student's name.)

Rubric for Alternate Assignment Option 1

Student Name: _____ Hour: _____

Topic: _____ Dates for received points: _____

- | | |
|---|--------|
| 1) Historical time frame of the sport (2 points) | ___/2 |
| 2) Basic rules, terminology, etiquette, etc. (Explain how the game is played) (3 points) | ___/3 |
| 3) Offensive and defensive tactics (if applicable), individual/team strategies (3 points) | ___/3 |
| 4) Health-related fitness benefits gained from participation in the sport (5 points) | ___/5 |
| 5) Specific skill-related fitness concepts associated with the sport (5 points) | ___/5 |
| 6) Impact the sport has had on the culture of the society involved (3 points) | ___/3 |
| 7) Minimum-2 full pages double spaced, font size 12 (2 points) | ___/2 |
| 8) Citation/Bibliography page (2 points) | ___/2 |
| Total | ___/25 |

Rubric for Alternate Assignment Option 1

Student Name: _____ Hour: _____

Topic: _____ Dates for received points: _____

- | | |
|---|--------|
| 1) Historical time frame of the sport (2 points) | ___/2 |
| 2) Basic rules, terminology, etiquette, etc. (Explain how the game is played) (3 points) | ___/3 |
| 3) Offensive and defensive tactics (if applicable), individual/team strategies (3 points) | ___/3 |
| 4) Health-related fitness benefits gained from participation in the sport (5 points) | ___/5 |
| 5) Specific skill-related fitness concepts associated with the sport (5 points) | ___/5 |
| 6) Impact the sport has had on the culture of the society involved (3 points) | ___/3 |
| 7) Minimum-2 full pages double spaced, font size 12 (2 points) | ___/2 |
| 8) Citation/Bibliography page (2 points) | ___/2 |
| Total | ___/25 |

Rubric for Alternate Assignment Option 2

Student Name: _____ Hour: _____

Topic: _____ Dates for received points: _____

- | | |
|--|---------|
| 1) Type of sport's personality – (coach, player, owner, reporter, announcer) (1 points) | ____/1 |
| 2) Impact the person made on the sport (5 points) | ____/5 |
| 3) Impact the person made on the community (5 points) | ____/5 |
| 4) Lessons you can learn and apply to your life based on the person's experiences and choices he/she made (good or bad) (5 points) | ____/5 |
| 5) Conclusions you can draw about the person's successes or failures (5 points) | ____/5 |
| 6) Minimum-2 full pages double spaced, font size 12 (2 points) | ____/2 |
| 7) Citation/Bibliography page (2 points) | ____/2 |
| Total | ____/25 |

Rubric for Alternate Assignment Option 2

Student Name: _____ Hour: _____

Topic: _____ Dates for received points: _____

- | | |
|--|---------|
| 1) Type of sport's personality – (coach, player, owner, reporter, announcer) (1 points) | ____/1 |
| 2) Impact the person made on the sport (5 points) | ____/5 |
| 3) Impact the person made on the community (5 points) | ____/5 |
| 4) Lessons you can learn and apply to your life based on the person's experiences and choices he/she made (good or bad) (5 points) | ____/5 |
| 5) Conclusions you can draw about the person's successes or failures (5 points) | ____/5 |
| 6) Minimum-2 full pages double spaced, font size 12 (2 points) | ____/2 |
| 7) Citation/Bibliography page (2 points) | ____/2 |
| Total | ____/25 |

