



Independent Study Assignments for PE Students

From: PE Department

If you ARE able to exercise:

Please keep a journal of your physical activity for each day you are out.
Write 3-5 sentences detailing your day (include the following):

- *Date
- *Activity/activities
- *Duration (how long; should be at least 1 hour)
- *Where activity took place
- *Any other interesting facts for that day

Have a parent sign the journal at the bottom.

If you are NOT able to exercise:

Please watch **a sporting or outdoor related program** in its entirety for each day of absence.

Write a one page report on each program watched with the following info if it is a **sporting event**:

- * Sport
- * Outcome
- * Your opinion of results
- * Who Played
- * Highlights
- * Where

For **Outdoor related programs** ~ write a 1/2 page report on each program watched with details of the program and your opinion.

Your assignments are due the day you return to school – please turn them in to Mrs. Robbins in the office before returning it to your teacher.