**Symmes Jr. High**

**Make-Up Physical Education Assignment for missed classes**

* All assignment parts are to be PRINTED and handed in or e-mailed to Ms. Rossi at arossi@wqsb.qc.ca .
* All assignment parts are to be handed in BEFORE the end of term.
* Press Ctrl + Click to follow links

Part #1: Body Story

* Please watch the following **video**: [**Body Story**](http://swcontent.spokaneschools.org/cms/lib/WA01000970/Centricity/Domain/1286/Body_Story_Metabolism.asx)
	+ During the video, please fill out the following **worksheet**: [**Body Story**](http://swcontent.spokaneschools.org/cms/lib/WA01000970/Centricity/Domain/1255/Physical%20Education/01%20Body%20Story%20Video%20Notes%20and%20Assignment.pdf)

Part #2: A Case for Fitness

"Nine out of ten students who leave high school inactive remain inactive for the rest of their lives."

* Watch the following **PowerPoint** presentation: [**A Case For Fitness**](http://swcontent.spokaneschools.org/cms/lib/WA01000970/Centricity/Domain/1255/Physical%20Education/02%20A%20Case%20For%20Fitness.ppt)
	+ During the PowerPoint presentation, please fill out the following **worksheet**: [**A Case for Fitness**](http://swcontent.spokaneschools.org/cms/lib/WA01000970/Centricity/Domain/1255/Physical%20Education/02%20A%20Case%20for%20Fitness%20Power%20Point.pdf)

Part #3: The Cardiorespiratory System

* Watch the following **PowerPoint** presentation: [**Cardiorespiratory System**](http://swcontent.spokaneschools.org/cms/lib/WA01000970/Centricity/Domain/1255/Physical%20Education/03%20Cardiorespiratory%20Fitness.ppt)
	+ During the PowerPoint presentation, please fill out the following **worksheet**: [**Cardiorespiratory System**](http://swcontent.spokaneschools.org/cms/lib/WA01000970/Centricity/Domain/1255/Physical%20Education/03%20Cardio%20Powerpoint%20Assignment.pdf)

Part #4: Barriers to Physical Activity

* Fill out each page of this **worksheet**: [**Barriers to Physical Education**](http://swcontent.spokaneschools.org/cms/lib/WA01000970/Centricity/Domain/1255/Physical%20Education/04%20Barriers%20to%20Physical%20Activity%20Student%20Worksheets.pdf)

Part #5: Genetics/Family Health History

* Watch the following **PowerPoint** presentation: [**Family Health History**](http://swcontent.spokaneschools.org/cms/lib/WA01000970/Centricity/Domain/1255/Physical%20Education/04%20Family%20History.ppt)
	+ During the PowerPoint presentation, please fill out the following **worksheet**: [**Family Health History**](http://swcontent.spokaneschools.org/cms/lib/WA01000970/Centricity/Domain/1255/Physical%20Education/05%20Family%20Health%20History%20PowerPoint%20Study%20Guide.pdf)

**Part #6:** [The New Science of Exercise](http://time.com/4475628/the-new-science-of-exercise/) & [Benefits of Exercise](http://time.com/4474874/exercise-fitness-workouts/)

* + 1. Read the two articles from Time Magazine about fitness.  Summarize the articles. Be sure to include what the current state of fitness and health is in America (how many workout), what is recommended, what counts as exercise, and what benefits exercise has. Include your personal opinion/thoughts on the importance of daily physical activity. Include your reaction on what you’ve learned. Please note anything that intrigues you, strikes you as peculiar or interesting, or that you agree/disagree with etc…

Be sure to use standard essay format (intro, body, conclusion) and proper grammar.  [See rubric for more details.](https://docs.google.com/viewer?a=v&pid=sites&srcid=ZGVmYXVsdGRvbWFpbnxlbWhzcGV8Z3g6OWYyMjM1MTkxZDYxNGM4)

**Goal:  I can describe and understand the importance of exercise to my overall fitness, and health.**