



Independent Study Physical Education

You must complete a total of 40 hours of exercise to earn 5 credits of PE* and complete the following assignments. Use the activity chart to log your progress.

1. Assignment 1: Read page 315 and complete the "Preview Activity" numbers 1, 2, and 3.
2. Assignment 2: Watch as least one sporting event live or on television and list the following.
 - What are the 5 rules involved in a sport?
 - What are the physical demands of the sport? Refer to pages 320-321.
 - What health benefits are involved in participating in this sport?
 - Who are 3 of the top athletes currently playing this sport?
3. Assignment 3: Use page 329 to complete the Health at Home Family Day Activity

*You need 20 total credits of PE for graduation purposes.

Activity Log Assignment

Directions: Perform physical activity for a minimum of ½ hour. After completing your activity fill out the following Activity Chart to log you work.

[illegible]