6th Grade P.E. Coach Tregarthen

Students are given 10 points each day. The following infractions have negative impact on their daily points:

Symbol	Infraction	Pt.	Symbol	Infraction	Pts.
P	Not Participating or not following directions	-2	**H**	Play Fighting (horse play)	-5
D	Disrupting instruction (includes bathroom request during instruction or activity time)	-3	**S**	Poor Sportsmanship (cheating, inappropriate language)	-5
T	Tardy (Nott standing directly on assigned roll number during roll call)	-4	**C**	Suit Charge (inappropriate clothing, accessories, cell phones etc.)	-5
W	Wrong Area	-4	**G**	Gum	-10
E	Equipment misused or not returned	-4	**R**	Office Discipline Referral (ODR)	-10
F	Food (includes plastic and sugary drinks)	-5	**A**	Absent	-10

Make-up Assignments/Extra Credit

All students are responsible for completing one make-up assignment for each absence, <u>REGARDLESS OF THE REASON.</u>

Option 1: Choose a news article that relates to health, wellness, exercise, physical education, or sports. These articles can come from newspapers, magazines, or the internet. Read the entire article. Be sure to respond to the following 3 paragraph:

Paragraph 1 What is the name of the news article? Where did it come from? Who wrote the article? Why did you choose this article?

Paragraph 2 Summarize the article in your own words. What is the main Ideas?

Paragraph 3 What is your opinion of the article? What did you learn? Why was it interesting or not interesting? Do you have any questions regarding the article?

<u>Cut out or print the complete article and staple it to your summary.</u>

Option 2: Participate in a physical activity related to fitness, exercise, or sport (e.g., Playing Basketball, bicycling, running, going to the gym, etc.). The duration of the activity must be for **no less than 40 minutes**. Be sure to respond to the following 2 paragraph:

Paragraph 1 Summarize what you did. Where was it done? What challenges did you experience and why? What did you enjoyed most and why? How do you feel after completing the activity and why?

Paragraph 2 choose one of the 5 components of overall fitness **Aerobic Capacity, Muscular Strength, Muscular Endurance, Flexibility**, and **Body Composition**. Provide a clear definition and explain how your activity of choice relates to developing/maintaining it that component.

<u>*Parent or Guardian Signature* is required to verifying completion of the activity.</u>

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