

Mt. Eden High School



P.E Make-up #2

Name: _____

Period: _____

Roll Call # _____

P.E Teacher: _____

WHY PHYSICAL EDUCATION HOMEWORK?

A report, put out by the Surgeon General's office in 1996, brings together decades of research and scientific evidence reading the correlation among physical activity, health, and certain chronic diseases. This report was the result of need to address health issues in the U.S and the massive impact of **physical inactivity** on public health.

In the U.S we are experiencing an obesity epidemic among children. Experts used to think that children would naturally get enough exercise on their own, and that may have been true when daily labor involved self-transport and physical labor. But today the average child watches 24 hours of T.V per week and is not inclined to involve in physical exertion unless attracted to competitive sports, which do not always provide consistent or well-rounded programs of physical fitness. Obesity among 6-17 year olds has increased by 50% in the last 15 years. Besides the serious health risks later, in life, excess body weight during adolescence may also affect self-esteem and social health. The Surgeon General's report emphatically states that the two main reasons for this increase in obesity **1)** the increasingly sedentary life-style of many Americans and **2)** poor diet. While researcher agree that poor diet contributes to major health problems, **as many as 300,000 deaths per year can be attributed to the lack of physical activity** with millions more suffering from related chronic diseases. Did you know that...

*Children are more likely to exercise when their parents exercise?

* Longevity studies show that NOT exercising is like smoking a pack of cigarettes a day?

* Quality physical education is necessity, not luxury?

So...why physical education homework at Mt. Eden High School? At Mt. Eden High School, we want students and parents alike to appreciate and benefit from involvement in physical activity and its contributions to a healthful life-style. We want to keep today's students from becoming sedentary, less healthy adults by developing a pattern and habit of exercise in their own lives outside of school physical education program. Also, given the scope of the curriculum and limited time in class, it is impossible, to do all that is needed to complete a well rounded fitness program, therefore, the student must develop fitness habits outside the "classroom". Each week the homework will consist of activities in the areas of cardiovascular endurance, flexibility, and strength along with information/quizzes in the areas of nutrition and other health issues. A parents signature each week will verify that the required activities were completed by the students.

To integrate technology into the PE homework, students are able to print out their PE homework online at their PE teacher's website _____

STUDENT QUIZ

1. What are the two main reasons for the increase in the obesity of children in the America?

(1) _____ (2) _____

2. Why is the parent's signature needed on each homework assignment?

3. What is the address of the website that you can print your PE homework from?

http://_____

Parent Signature _____ **Date:** _____

(A parent signature verifies that the above exercise was performed & is required in order to receive credit)