

*Physical Education*  
MAKE-UP ASSIGNMENTS  
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(A "B" will be given for each day made up)

❖ **Health/Fitness/Sports Article Review**

Write a one page summary of a Health, Fitness or Sports related magazine or newspaper article. Include the article, a basic outline of what was discussed in the article and a closing paragraph of your thoughts on the topic. Email your summary to me here: [Makeup to Muhlhauser](#). **In the subject write: your first initial, last name, class and period as shown here: JSmith.rec4; RJones.aerobics2; etc.** That will ensure I know it is from you as you all have non-identifying email addresses.



- ❖ **Visit one of the following fitness web sites** and write a one page summary of the website (Google the topics fitness, a specific sport, diet, nutrition. Remember to note the website address. Possibilities:

[Fitnesslink](#)

[Get fit](#)

[AtoZFitness](#)

[Efit](#)

[EDiets](#)

[Workout](#)

[Global-fitness](#)

[Inside Fitness](#)

Answer the following questions as part of your review:

- What services does the site offer, targeting what age group, gender, etc...? Pro's and con's of this site.
  - Are there costs involved for services provided? What are they? Do you feel that is inexpensive or expensive?
  - Explain why you chose this site and will you use it to maintain or increase your fitness goals?
  - Did this site refer you to any additional sites for further help with your fitness goals or additional fitness information?
- ❖ **Watch an MVHS Sporting event-** Write a one page summary of the game/match. Include the level of the sport, the sport, date, time, location of the event and even include strategy and/or game rules of the sport. Discuss highlights of the game and the outcome (who won!). Have a coach, teacher or administrator sign your paper that you were there.

**\*\* All makeup must be received within the grading period that the absence occurred for points.**

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