

Learning Opportunities

Assignment #5

Throughout the world there are many different kinds of sports, activities, and games. For your assignment, develop your own personal sport, activity, or game that can be played in the gymnasium and that you would be willing to help teach upon your return to class. The sport, activity or game can be entirely original or a combination of several existing sports. Your invention must meet the following criteria.

The sport, activity or game must be:

1. 1) A team, sport, activity or game
2. 2) No more than 5 participants per team
3. 3) Non-contact
4. 4) Played in the gymnasium
5. 5) Use present PE equipment
6. 6) Safe

Your description of the sport must include:

1. 1) Number of players on each team
2. 2) Diagram of field or court including dimensions
3. 3) Rules of the game
4. 4) Penalties for rules violations
5. 5) Length of the game
6. 6) Skills needed to play the game

Assignment # 6

The National Girls and Women in Sports Day will be observed in February. To celebrate the occasion, I would like you to design a bulletin board (use pages to create a poster) that will help the students at our school understand the significance of this day. I have listed a couple of websites below that should help you get started.

<http://www.aahperd.org> <https://www.womenssportsfoundation.org/get-involved/ngwsd/about-ngwsd/>

Assignment #7

Physical activity is an important part of a healthy lifestyle. Your assignment is to go to the American Heart Association website and answer the following questions in complete sentences.

www.heart.org

1. Why is exercise or physical activity important?
2. How can physical activity or exercise help condition your body?
3. How can you improve your physical fitness?
4. What does F.I.T. stand for?
5. What are moderate intensity activities?
6. What risk factors can exercise reduce?
7. What are the benefits of exercise?

Assignment 8

Physical Activity is an important part of a healthy lifestyle. Your assignment is to go to the website below and answer the following questions completely.

www.cdc.gov

1. Why should you be more active?
2. How can inactivity hurt your health?
3. What is the definition of moderate-intensity physical activity?
4. What is the definition of vigorous-intensity physical activity?
5. List and describe the "Stages of Change in Adding Physical Activity Into Your Life."
6. List at least 10 ways you can become more active.
7. List and define the five components of physical fitness.

Assignment # 9

Use the links below to access information and to answer all the questions completely. 1. What is the definition of obesity?

<http://www.cdc.gov>

2. Why is obesity such an important topic?

<http://www.cdc.gov>

3. View the presentation "U.S. Obesity Trends 1985 to 2001" and then write a 100 word summary of the presentation.

<http://www.cdc.gov>

