



PHYSICAL EDUCATION FLEX CREDIT PE 2 ASSIGNMENTS

To flex $\frac{1}{4}$ credit, a student must participate in 60 hours of activity during the specified semester in addition to completing state required activities and assignments. Students must attend an assessment session scheduled at the end of the semester during exam week in order to turn in the required written assignments and complete the required physical activity assessments associated with the $\frac{1}{4}$ credit.

For additional assistance, see Mr. Steffan Crowe at MHS.

The following written assignments should be completed by the student and turned in during the scheduled assessment time during exam week. These assignments are in addition to the completion of 60 hours of physical activity. They shall appear totally unrelated.

1. PE Portfolio
2. Physical Activity Marketing Plan

A session during exam week will be scheduled for instructor assessment of the following:

1. Weightlifting Assessment
2. Basketball Skills
3. Teamwork



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ASSIGNMENT 1: PE PORTFOLIO

Directions:

1. Choose an activity
2. Complete a portfolio demonstrating your knowledge of how to apply strategies and skills to perform this activity in “real-world” settings.
3. Portfolio can be produced either on paper, on a poster or flyer and should include pictures to show aspects of performance.

Criteria:

1. Must include a description of strategies and skills required for success in the activity.
2. Must include an explanation of how the activity is similar to other activities
3. Must include a description of other skills or biomechanical principals that impact performance.
4. Must analyze your personal performance. Describe your strengths and weaknesses of performance in this activity.
5. Must include a detailed “practice plan” indicating how the performance might be improved. The practice plan should document the frequency, duration and intensity of practice.



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ASSIGNMENT 2: PHYSICAL ACTIVITY MARKETING CAMPAIGN

Directions: Develop a marketing campaign for a physical activity. If you did this for PE 1, you must choose a different activity.

The marketing campaign should include one of the following:

- Letter
- Poster
- Video
- Brochure
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You should illustrate the importance, benefits, and factors that lead to the enjoyment of the chosen physical activity. The goal of the project is to motivate and encourage others to engage in this physical activity.

The following must be included:

- Health Benefits
- Social Interaction
- Enjoyment
- Challenge
- Self-Expression



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WEIGHT ROOM SCORE SHEET

(Will be completed on the day of assessments)

Student Name _____

Age:	
Height:	
Weight:	
Gender	
Bench Press	
Squat	
One Arm Row	

BASKETBALL SCORE SHEET

(Will be completed on the day of assessments)

Student Name _____

Advanced	
Proficient	
Limited	