MEDICAL MAKE-UP

For each unit missed write a paper summarizing the rules, strategy, history and benefits of an activity. To receive full credit your paper should be a minimum of one-page double spaced.

Assignments can be handed in, shared on Google docs or emailed to your lead teacher:

1st/2nd [heinenj@urbandaleschools.com](mailto:heinenj@urbandaleschools.com)

3rd/4th [andersons@urbandaleschools.com](mailto:andersons@urbandaleschools.com)

5th/6th [baethkee@urbandaleschools.com](mailto:baethkee@urbandaleschools.com)

7th/8th [morenom@urbandaleschools.com](mailto:morenom@urbandaleschools.com)

TEAM RECREATIONAL FITNESS

Flag football Bocce ball Walking

Soccer Frisbee golf Yoga

Volleyball Corn hole (bags) Pilates

Basketball Tchoukball Cross fit

Team hand ball Archery Strength training

Floor Hockey Badminton Meditation

Ultimate Frisbee Pickle ball

Speedball Table tennis

Swimming Tennis

If an activity is not listed you may select an activity that would benefit the P.E. program. Include: why it would be a benefit, summary of the activity and rules if applicable.