If this assignment is complete with all requested information, you will receive 10 points. If it is not complete, you will not receive credit for this assignment.

HPE Alternative Assignment Sheet – Poem

Using the P.E. class that you are in right now, create a poem using the following criteria:

1. Must be 14 lines and in the following pattern: abab cdcd efef gg
2. The last word in line “a” must rhyme with the last word in the 2nd line “a” and so forth for lines b,c,d,e,f, & g.
3. The poem must be about the course you are currently enrolled. Include at least four of the following aspects: history, equipment, rules, materials, individuals involved, boundaries, location, benefits, costs, and/or positives & negatives.

For example: (You may not use this example)

I am in 11th grade fitness at this time
I can work on it with a partner or just me
It could cost a lot or not even a dime
I could go to the gym, fitness center, or outside
I could use weights, treadmills, and/or bikes
I could even use a jump rope if I tried
I could do it all, as long as I like

3-5x a week, is what they say
30-45 minutes to reach some benefits
One can shed those lbs away
10 lbs lost is the target I’ll hit!

So, 11th grade fitness is where I learned
All about muscles, fats, and calories burned!!!

A __________________________________________
B __________________________________________
A __________________________________________
B __________________________________________
C __________________________________________
D __________________________________________
C __________________________________________
D __________________________________________
E __________________________________________
F __________________________________________
E __________________________________________
F __________________________________________
G __________________________________________
G __________________________________________