Make Up Option (1 day)

Choose one of the following journal topics (circle the number on this page). Write a 250 word journal entry responding to the topic you choose. Staple it to this sheet and then turn it in to your teacher. (Each topic and entry is worth one day of make-up work. You may do any topic at any time for 1 days worth of points, but you may not choose the same topic twice)

1. Think about someone who did something courageous that affected your life. Tell how that experience has changed your view about courage and selfless acts.

2. Define competition in your own personal terms. Are you a competitive person?

3. You’re the team captain. Your team members don’t get along. How do you get them to work together as a team?

4. Several people in your P.E. class are really uncoordinated and no one wants to include them in the activities. What can you do to make this a positive experience for everyone?

5. Explain why you do or do not perform you best in physical education.

6. Define physical education. What is it? What should it be? Bring personal experiences into your definition.

7. Changing clothes and being prepared for physical education is essential for you to receive a good grade. How will being prepared help you later in life to reach your goals?