

# Long Term Alternative PE Assignment

## NMS PE

Name: \_\_\_\_\_ Teacher: \_\_\_\_\_ Period: \_\_\_\_\_

- You will be creating a project about a sport and you may present this project in anyway you like (typed, written, bullet points, power point, ect.). This project needs to be in your own words and well planned out.
  
- 1. Pick any sport as a topic (Soccer, Basketball, Tennis, Badminton, Kickboxing, Ultimate Frisbee, Football, Rugby, Kickball, Dance)
- 2. Research the history (past) of the sport (where it came from, why was it created, has it always been played the same way)
- 3. Look up and talk about the rules and terms (language and vocabulary) that are used while playing or coaching the sport you have chosen.
- 4. Break down the sport into different skills or levels of performance.
  - a. *For example:* Soccer: starts with dribbling (talk about how to dribble), goes to passing (talk about how to pass and different passes), goes to kicking (how do you kick, where do you kick on your foot), goes to shooting (how do you shoot, where should you shoot) and finally being a goalie (how do you perform this position).
  - b. During this part of the assignment you are talking about the sport step by step as if you were talking to someone who has never played before.
- 5. What sequence (order) do the skills go in? If I were to teach this to someone, what skills should I teach first, what should I teach second and what should I teach last?
- 6. Relate what you have learned about your new sport to our PE class. How would you teach this skill to our classmates, what supplies would I need and what outside or inside area would I need to use? *Pretend you are the teacher and you need to teach a class this new sport.*

➤ Grade is based on:

- Comprehension (understanding) of the
- Paragraph & sentence structure
- Your reasoning in your research of the sport
- Length & effort
- What you are learning that would relate to PE