**Mrs. Munoz’s class**

**PHYSICAL EDUCATION MAKE UP WORK**

please complete one assignment for each day missed in physical education CLASS!!!

Choose one of the following Essays:

Why do we need sportmanship in sports? what are some stress management skills? Anger management? time management?

Why do we have rules in society?

What is goal setting?

What are some strategies used to quit smoking?

how can you try to prevent injuries?

How do you heal a broken bone?

Complete one of THESE:

design a personal work OUT FOR you to improve your FITNESS SCORES (FLEXIBILITY, AEROBIC CONDITIONING, & STRENGTH).

dESIGN A NUTRITIONAL PROGRAM TO IMPROVE YOUR DIET.

INVENT A GAME THAT FOCUSES ON EITHER COOPERATIVE SKILLS, THROWING, SPORTSMANSHIP, KICKING, CATCHING, OR ANY OTHER SKILL USED IN pe CLASS.