

## **Make-up Assignment**

**Worth 3 classes**

What was the unit that was being taught? Give a brief history of the origin of the activity/sport.

Describe rules in detail as if you were teaching someone who has never played this game. Describe the object of the game and how many players play at a specific time.

Pick a skill from this activity/sport and explain in detail how you would teach this to someone who has no prior knowledge of the activity or sport

Describe how this activity/sport helps enhance and/or control cardiovascular fitness, muscular endurance, muscular strength, flexibility and body composition (body fat).

**\*\*This assignment is worth your participation grade for Physical Education class. The assignment must be typed, resources cited and given to your Physical Education teacher before the unit quiz.\*\***