

Additional Opportunities for Kinesiology

Students wishing to complete Additional Opportunities (extra credit) assignments or do make-up work have many different options. Please review the following list of options, make a selection, complete the requirements, and return to the appropriate Physical Educator.

1. Students may attend an after school athletic event and fill out the appropriate form. *Be sure to have the form signed by the supervising staff member at the event.
2. Students may exercise at a fitness center under the supervision of either their guardian or the on-duty fitness instructor. *Remember to fill out the "Fitness Activity" form along with the appropriate signature.
3. Students may write a one-page essay on a related Physical Education topic. Submissions need to be accompanied by the original article, fax, computer copy, or photocopy of the book pages, and a reference or bibliography. The essay may be word processed or hand-written in print only, single-spaced, American Standard English; follow all ELA Constructs and Kinesiology Writing Expectations. Examples of topics: sports figure, athletic event summary, Olympics, history of a sport or activity, nutrition, health, etc.
4. Students may do a project related to Women in Sports. Please refer to the Essay Submission requirements.
5. Students may design a warm-up and stretching routine, following all safety guidelines.
6. Students may review the Muscles Activity and complete it.
7. Students may participate in the Monthly Health & Fitness Calendar Activities.
8. Students may utilize Additional Opportunities when they arise in class, such as running extra laps, equipment monitors, warm-up leaders, etc.
9. Students may design their own project, subject to the approval of their Kinesiologist.
10. Students may see their Kinesiologist for other options.