7th Grade Enrichment Assignment

Physical Education

Your teaching is worth **20 points**. **Please remember we will follow the middle school policy for late projects**.

**Due date is Monday, February 24th, 2020 for the typed outline and visual aid portion of assignment.** Each student **MUST** be prepared to teach that Monday, however not ALL students will teach Monday

**Peer Teaching:** This assignment may be done either ALONE or with a PARTNER. ALL duties will be shared if students work in partners. Keep in mind you will BOTH receive the same grade. Choose a sport that you are interested in or comfortable with to teach to your classmates. Choose **five skills** needed in order to correctly play the sport. Each skill will be explained in detail, while they are demonstrated to classmates. **Agility, speed, and balance are NOT good skills for this specific project.** Common mistakes or errors one could make while doing each of the FIVE skills is required in your presentation.

**Required teaching points**

1. FIVE teachable skills – approved by Miss Pritts and if students work together they will share the teaching duty. This means TWO to THREE skills for each student.

2. History of the sport

3. Basic rules to play the sport

4. Common mistakes or errors for each skill

5. Outline for Miss Pritts to follow of your teaching – one copy for me and one for you

6. Visual Aid to support your teaching – Power Point or Tri-fold with photos of equipment, fields or court, photos of the skills being taught, etc.

ALL students must be prepared to teach the FIRST day of class on the week the project is due.

**\*BEFORE starting your assignment, you MUST get your sport and your FIVE skills approved by Miss Pritts. This will be confirmed and approved by December 17th or sooner.**

You may NOT teach SWIMMING, HORSEBACK RIDING, CHESS, FOOSEBALL, CROSS COUNTRY, DARTS, SKIING, SNOWBOARDING, …some topics just do not transfer well to a gymnasium.

**8 points for demonstration and knowledge of the 5 SKILLS split 2.5 common mistakes, 5.5 demonstration and explination**

**2 points for typed outline**

**3 points for use of equipment and visual aides**

**4 points for rules, history, or explanation of equipment**

**3 points for verbal presentation, clarity of voice, and eye contact with audience**

**FitBit: Calorie intake vs. Calorie Burnt per day:** Students will use their FitBit to track their calorie intake vs. how many calories they burn each day. Students will track food intake and exercise daily for a period of 14 days in a row on the FitBit app on their computer or IPAD. At the end of each day you will take a screen shot of your daily progress and email it to Miss Pritts @ [mpritts@stpatskent.org](mailto:mpritts@stpatskent.org) using your school account. The concept of this assignment is to understand the calories you eat each day compared to the exercise you participate in on a daily basis. Included in the final email I would like you to respond to the following prompts or questions.

When logging your food and beverage, please try to log in EVERTHING you eat or drink.

1. Find out how many calories a day a student your age should have per day. 2. Do you feel like your eating habits changed because you were required to log them in each day? 3.What types of exercise did you do during the 14 day period? 4. List your FIVE highest calorie foods you ate. 5. List your FIVE lowest calorie foods you ate. 6. On average what was your Heart Rate during exercise? What is your resting HR 7.Why do calories consumed and calories burnt go hand in hand with each other?

**14 points – 14 consecutive daily logs emailed to Miss Pritts**

**6 points – typed answers to questions above**

**Nine for IX-** female athletes have progressed a long way in the past 30-40 years, however it has taken some strong women to get to where they are today. These videos from the ESPN series Nine for IX are just some stories about some amazing women and their struggles to make athletics what they are today for YOU.

* Choose one of the videos below to watch, and write a 4 paragraph summary on what you saw. Then I would like you to write a 2 paragraph response about the impact that person or group of person made on girls and women today.
* Your paper must be 1.5 spaced, 12-point font (times new roman). Each paragraph is no less than 6 sentences in length.
* I will have DVD copies to borrow, you can purchase episodes on itunes for .99 cents, or I do believe you can stream episodes on Netflix as well.

**EPISODES:**

**Venus vs.:** Venus Williams fight for equal pay for women at one of the world’s most prestigious tennis tournaments.

**Pat XO**: A raw authentic portrait of Pat Summit, the winningest coach in the history of NCAA basketball.

**The Diplomat**: The story of figure skater Katarina Witt, two-time Olympic Gold medalist and reluctant pawn of the Cold War.

**NO Limits**: A look at the sport of free diving and Audrey Mestre’s fateful attempt to beat Tonya Streeter’s World Record.

**Let Them Wear Towels**: An examination of the obstacles that faced women sports journalists as they fought to gain equal access to the “boys club” of the locker room.

**The 99ers**: An insider account of the 1999 U.S. women’s World Cup soccer team that broke new ground for women’s sports.

**10 points- content of 4 paragraph summary, relates to the video watched**

**5 points – length of paragraphs are 6-8 or more complete sentences**

**5 points – 2 paragraph response**

* **Miss Jones will be grading grammar and punctuation for an English grade.**

**Article Review:**  Students must read and review TWO articles provided by the teacher. For each article you must type a four paragraph response following the format below. The first 2 paragraphs should summarize the article; the third paragraph, explain something significant about the article and why it may be important to your classmates; and the last paragraph will be your personal response to how the article made you feel!

* Paragraphs are 6-8 sentences in length 12pt font TIMES NEW ROMAN
* **All articles are located on the bulletin board in the gymnasium and on the P.E. website on your page.**

**12 Points – Content of 4, 6-8 sentence paragraphs for EACH article**

**3 Points – Typed 12 pt font Times New Roman**

**5 Points – must be articles provided**

* **Miss Jones will be grading grammar and punctuation for an English grade.**

**Sport Research**: Look up a sport on the internet, book, or magazine. Find out when it first became a sport and give some history. Explain how the game is played, rules to the game, equipment used, and safety tips or procedures, and where is this sport popular. Also add photos and any notable people who play. This will be a **full 2 pages** typed paper with 12 point font Times New Roman; 1.5 spacing Please add your two or three resources!

**Sports to Choose from:**

Cricket Team Handball

Hurling Gymnastics

Polo Field Hockey

NASCAR Lacrosse

Fencing Dance

Tennis Tour De France

**15 points – 2 FULL pages typed in 12 point font 1.5 spacing providing the above content**

**3 points- 2 resources are listed or added as hard copies**

**2 points – Photos of the sport and Sport was chosen from list provided**

* **Miss Jones will be grading grammar and punctuation for an English grade.**

**VISIT OUR NEW PHYSICAL EDUCATION WEBSITE @STPATRICKPE.WEEBLY.COM**

**\*Parents if you have questions you may email me at** [**mpritts@youngstowndiocese.org**](mailto:mpritts@youngstowndiocese.org)**. Please allow me 48 hrs to respond, if you are in need of an immediate response call the school.**