4th Grade Enrichment Assignments

Physical Education

 You are to choose one of the following projects to complete during the school year. Each project is **worth 20 points**. Once you have chosen your project and informed Miss Pritts, you will have one week to change your mind on your project choice. Please ask me if you need any assistance or have questions.

 \*Due date: Friday, January 24th 2020

1. **Comic Strips**: You will need to find at least **five** comic strips from the newspaper, magazines, internet, or bubble gum wrappers related to physical activity ex; swimming, raking leaves, sledding etc... These strips need to be placed on a half sheet of poster board, any color and then labeled as to the physical activity the comic is representing. Please type the words or use sticky letters or stencils. **DO NOT WRITE THEM**! You may be as creative as you wish. I will grade you as to the number of comics (at least 5), placing the strips on poster board, labeling each of the strips, neatness, spelling and creativity.

**5 Points – 5 full comic strips relating to physical activity**

**5 points – Each comic is labeled (typed or with stickers)**

**5 points – Spelling**

**2 points – ½ sheet poster board**

**3 points – Creativity/ Neatness**

**OR**

1. **Quote Design**: For this project you are to choose one quote related to sport, teamwork, inspiration or anything else positive you may find. This quote will be approved by me before you start to your project. If you need ideas I have plenty of quotes or ideas to share. Your quote must be typed, written using stencils, or made with large sticky letters and placed on a **FULL** sheet of poster board. You may include pictures, drawings or any other decorative items to set off your quote. I will grade on following directions, correct spelling, using quotation marks, having the authors name and creativity.

**\*Your quote must be approved by Miss Pritts no later than Friday, Dec. 22nd**

**5 points- FULL sheet of poster board**

**5 points – Quote is related to topics stated above**

**3 points – Spelling/Punctuation**

**2 points – Author is stated after quote**

**3 points – Quote is TYPED or USE OF STICKY LETTERS or STENCILS**

**2 points – Creativity and Neatness**

**3 Points will be deducted from your overall grade for everyday your project is late!**

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

5th Grade Enrichment Assignments

**Physical Education**

 You will do ONE of the following projects to complete during the school year. Each project is worth 20 points. You may choose which assignment you would like to do. Please ask me if you need any assistance or have questions. Please do NOT use WIKIPEDIA as a resource.

 \* Due on Friday March 6th, 2020

1. **Athlete Profile**: Choose an athlete from any sport to research. You may use books, magazines, or the internet to find information on your athlete. You are to use **two resources** and must make a copy or list the two resources you used in your report. This will be a **1 and ½ page typed** book report style (12 point font Times New Roman) about the athlete you chose written in YOUR OWN words. Included in the paper will be the following; birth date and age of the athlete, where were they born, where do they live now. Anything in their personal life, community related projects they are involved in? How long have they played the sport? At what levels did they play? Have they won awards? Describe the sport they participate in and add a photo on a separate page from the typed paper.

**4 points – listed or hard copies of Resources FULL web address (not google.com)**

**2 points – photo of athlete and sport played**

**14 points – Content of 1 ½ FULL pages TYPED, 12 pt font**

 **OR**

1. **Collage**: This is a culmination of pictures from newspapers, magazines or items from the computer relating to a sports topic of your choosing. Please only focus on ONE sport. You must have 15 facts about your sport. This information should allow your classmates to learn something about the sport! These items are to be glued to a **FULL** sheet of poster board, which is 22” by 28” of any color. A collage fills the whole sheet of poster board. Please be creative! You are graded on following directions, content, creativity, use of various media, and spelling.

**8 points – 15 important facts about the sport**

**5 points- photos fill poster and relate to the sport**

**2 points – FULL sheet of poster board**

**3 points – Project focuses on ONE sport**

**2 points – Neatness/creativity**

**30% will be deducted from your overall grade for everyday your project is late!\*Parents if you have questions you may email me at** **mpritts@youngstowndiocese.org****. Please allow me 48 hrs to respond, if you are in need of an immediate response call the school.**

**2. Article Review:** Choose **TWO** of the four articles I have provided. You are to read them and then answer the questions attached to the article. Your sentences should be complete! Please remember you are using your own words to summarize, NOT copying straight from the article. If you choose to write your responses please make sure I can read it or you may lose points. You may always type! You are to return the article and the question sheet with your responses.

**5 points– Completed 2 articles**

**5 points – typed in complete sentences, correct spelling and grammar**

**10 points – answered questions correctly in your own words**

**3, Family Fun Activity log**- exercise is important and fun however, it can be even more fun TOGETHER as a family. I challenge YOU to get someone or EVERYONE☺ in your family to do 10 activities with you. These activities can be anything from going on a bike ride, playing catch, walk at the park, yoga, etc.

**Here are the guidelines:** \* List your activity and how long you did the activity: activities should be

performed on separate days.

* Determine if the activity is **aerobic** (lots of oxygen used) or **anaerobic** ( your body didn’t need to use as much oxygen)
* At least ONE family member must participate with you and sign log sheet.
* You must log your entries on the log sheet provided
* Find both your Resting HR before the activity and Exercise HR during the activity. Record them on log sheet.
* HAVE FUN

**10 points – accomplished 10 activities with a family member; determined aerobic or anaerobic**

**5 points – recorded HR before and during activity**

**3 points- used log sheet**

**2 points - had fun**