7th Grade Enrichment Assignments

Physical Education

You are required to choose **one** of the following list of projects to complete during the year. Each project is worth **20 points**. The **second** project will be a required peer teaching! **Please remember we will follow the middle school policy for late projects**. **Absolutely NO WIKIPEDIA is to be used as a resource**. **\*\* If you plagiarize your report it will be an automatic “0” F.**

**Project 1: Due date is Friday November 9th, 2018.**

**Project 2: Due date is Friday February 8th, 2019.**

**Peer Teaching:** Choose a sport that you are interested in or comfortable with to teach to your classmates. Within that sport, find at least **five skills, teachable to your classmates,** needed in order to correctly play the sport. Each skill is demonstrated while explaining the physical techniques used to perform the skill. **Agility, speed, and balance are NOT good skills for this specific project.** Please demonstrate common mistakes or errors one could make while doing each of the FIVE skills. Add rules and history of the sport. You will also need a typed outline to give to me before class and are required to use a visual aide. ALL students must be prepared to teach the FIRST day of class on the week the project is due. \* Example: if you have class Monday- Tuesday, you need to be ready on Monday!!!

You MAY NOT teach SWIMMING, HORSEBACK RIDING, CHESS, FOOSEBALL, CROSS COUNTRY, DARTS, SKIING, SNOWBOARDING, …some topics just do not transfer well to a gymnasium. PLEASE CHECK WITH MISS PRITTS ON YOUR TOPIC BEFORE YOU DO YOUR RESEARCH ☺ TRACK AND FIELD: must teach at least 2-3 EVENTS with in the sport.

**10 points for demonstration and knowledge of the 5 SKILLS**

**2 points for typed outline**

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

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

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

**\* You may work with one other person on this project if you choose. All duties must be shared. This means BOTH students need to do at least 2 to 3 skills. Your project outline and visual aide are due on no later than the project due date, even if your peer teaching is postponed to the following week.**

**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. \*Some videos may contain language.

* 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 or youtube 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.

**Branded**: This film explores the double standard placed on female athletes to be the best players on the field and the sexiest off of it. Through stories of the women who have faced and tackled this question including Mary Lou Retton, Chris Evert, Lolo Jones, and Gabby Reece, "Branded" explores the question: can women's sports ever gain an equal footing with their male counterparts or will sex appeal always override achievement?

**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**

* **An English teacher 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**

* **An English teacher will be grading grammar and punctuation for an English grade.**

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

**\*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.**