

Mrs. Lee's - Team Sports/Aerobics

MAKE-UP/EXTRA CREDIT OPTIONS

- **5 points** = Attend **designated** sporting events. (no more than 20 pts. per quarter)
 - **5 points** = (per quarter) Burn me an appropriate (no explicit lyrics) CD for class. The CD must be designed for a specific workout – the beats must match the workout (aerobics/step aerobics/kickboxing/Pilates etc.) This must include your name, class, period, date and a list of all the song titles and artists. (no more than 5 points will be given for this category per quarter). CD's will not be accepted without ALL this information!
 - **5 points** = (per quarter) Bring in 5 small bottles of water for 5 points.
 - Community Service in the area of health and fitness (walk for schools, aids walk, breast cancer walk, etc.) Must be approved by me ahead of time. Be creative – find a health related philanthropy (service organization).
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- TURN-IN FORM - The following options will not be accepted without the attached turn-in form. You can find the document form below (page 2). This will give you the outline of the critique.
 - **ARTICLE CRITIQUE** (10 pts.) about fitness, child obesity, exercise, health, or nutrition. Must include the article attached. = 10 points (No more than 10 points per quarter)
 - **iTRAIN** – (10 pts.) download an iTRAIN workout and fill out the turn in form. You can do as many as possible – but must be different workouts. (itrain.com)
 - **5K RACE** – (20 pts.) Must include the date and time of event, which organization the race is supporting, your reaction of how you felt while doing community service, the cost, your **race time**, and race bib and/or proof of entry.
 - **BOOK REVIEW** – (possible 50 points) Must include a chapter summary of 5 or more sentences for each chapter, the book **must be pre-approved** (I want to look at it and review it), and you must fill out the turn in form in addition to the chapter summaries, including an overall summary. Book reports must be typed out. (This is good for long illness or vacation absences to make-up points – MUST be pre-approved – this is **NOT** an option for everyone – 50 pts maximum.)
 - **FITNESS CLASS/VIDEO/DVD** – (10 pts) take a fitness class, dance class or try a fitness video/DVD. You can do as many of these as possible, however **NO REPEATS**. Must take different classes or try different videos/DVDs. You can find exercise videos/DVDs at the library, video stores etc.
 - Summary must include details of the intro/warm-up, main workout/dance, cool down, extra abdominal/other section
 - You must use all/most the space provided on the turn in form – I expect details. (not a few sentences)
 - I will consider other ideas for extra credit. Be Creative.

