

ATHLETE WRITTEN ASSIGNMENT
PHYSICAL EDUCATION AND ATHLETICS

Name _____ Date _____

PE Period _____ Instructor _____

Essay Due Date: October 14, 2009

The answer to the following question should be on a separate sheet of paper with this sheet acting as the cover sheet. *You must have your coach sign at the bottom of this page to receive a physical education grade.*

How does participation in your sport help you achieve and maintain a health-enhancing level of physical fitness?

Grading Rubric

"A" paper is on time, typed, with complete, thoughtful and thorough answers and examples

"B" paper is on time, typed, with the question answered but is lacking thoroughness and examples

"C" paper is on time, typed, but very brief with few examples OR if your paper is LATE

"D" paper is LATE, not typed, lacking thoroughness and examples

"F" assignment was not turned in by end of current grading period.

To be completed by your coach: # of absences _____ Grade _____

Coaches Signature _____