

ATHLETE WRITTEN ASSIGNMENT WINTER 2009/10 - SECOND QUARTER
PHYSICAL EDUCATION AND ATHLETICS

Name _____ Date _____

PE Period _____ Instructor _____

Essay Due Date: March 17, 2010

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.*

What kind of physical training and specific skills are needed to develop proficiency in your activity or sport? Be specific!!

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 3rd quarter.

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

Coaches Signature _____