

PE Cope Assignment

1. Find a fitness related article and summarize the article you read.
This should be done in such a way that a person that has not read the article would feel as if they had read it after reading the summary.
Articles can be found in magazines, books, the internet (pe4life.org) or any other place that fitness articles are found.
2. What was your reaction to the article? Explain how the article could possibly affect you and/or your family.
3. How can this article be applied to what we are doing in P.E. at Central High School?

COPE Assignment Expectations

- *1 article per three days that a student is out of PE
- *Due on the Fourth day out of class
- *Must be typed
- *Staple a copy of the article along with the assignment
- *This should be no less than one page typed at 12 font with double spacing
- *Hand teacher all three (this page, article read, and assignment)
- ***Must be due on date for full credit**