

PHYSICAL EDUCATION MAKE-UP FORM LONG TERM INJURY PROJECT

Whenever a student sustains a long-term injury in class (2 weeks or more) they are required to complete this injury assignment. All aspects of the project need to be completed. An injured student misses a lot of running, fitness, and unit activities that account for about 30-50% of their overall grade, therefore, there has to be a reasonable way to make up those points. If this injury project is not complete and turned in by the due date, you will receive 5 out of 10 points, which is equivalent to an F, for every day that you missed PE class due to your injury.

In order to make-up the PE absences the **student** must do the following:

1. Written Assignment

- a. Must be in a presentation type folder with a clear plastic front.
- b. Title page with your name, due date, teacher's name, and name of your injury.
- c. Assignment must be typed (Microsoft Word or Google Docs), using Times New Roman Font, font size of 12, and using normal margins.
- d. Include at least one diagram of your injury.
- e. Bibliography including all your sources used for your assignments.

Topics that must be included in your project are as follows:

1. Describe specifically what and where your injury is.
 - a. Include whether it is a tendon, ligament, muscle, or bone related.
 - b. Include exactly where on your body using terms like posterior, anterior, upper or lower extremity.
2. Describe specifically how and where you got the injury.
 - a. Is it an injury you sustained or a chronic injury you have been dealing with for a while.
3. Describe how long this injury will keep you from regular physical activity.
4. Describe several exercises that can be done to rehabilitate this injury. This a great section to use diagrams and/or visuals to show the exercises.
 - a. Include whether you have started them yet or not. If so, describe your experience.
 - b. Include how often you will need to do these exercises.
 - c. Include challenges you will have in staying consistent with these exercises.
5. Describe why it is important to know alternative exercises when injured.
6. Describe the RICE principle.
 - a. Include whether you use it and how often.

Note, I do not have a specific length for this project. Use your creativity, because I am only concerned with quality and creativity, not quantity.

Remember, to be injured does not mean that you cannot be active. It means that you need to be educated about what your injury is and how you can adjust your lifestyle to accommodate your health and fitness.

Good luck on this project. It is going to take time, so do not procrastinate.

Student's Name: _____

Teacher's Name: _____

Dates of Absence / Non Participation: _____

Assignment Choice: _____

Due Date: _____

Parent Signature: _____

| | 5 | 3 | 1 | Score |
|-------------|--|--|--|-------|
| Conventions | The piece is almost error-free. It is ready to publish with only a minor change here or there. The writer has a good grasp of grammar and punctuation rules. Spelling is correct. Paragraphing is correct and moves the reader easily along toward an understanding of the message. The writing shows an age appropriate skill and knowledge of conventions. | Though there are several errors, they do not prevent the reader from following the message of the writer. The writer has a basic grasp of the capitalization, spelling, and punctuation. Paragraphs may not be separated correctly. Some editing is needed before publication. | This piece is hard to follow. Serious errors make this writing difficult to read. This writer seems to know a few conventions but applies them inconsistently. Significant editing is needed before reading aloud or publishing. | |