

Make Up Assignments

If you missed a day of school and need to make up points lost that day, you have the following options:

- 1) **Complete an activity log.** Write a list of physical activities you have done outside of class for AT LEAST 30 minutes. Write down the date, the activity, and have a parent (or instructor if you took a class) sign off that you completed the assignment. *This activity will earn you 5 points towards your grade (one days' worth of points).*
- 2) **Research a type of exercise.** Write a minimum one page, single spaced paper about a form of exercise available to the general public such as yoga, CrossFit, Ballet Beautiful, etc. Identify the following information and cite your sources:
 - History. When and where did this activity originate?
 - Benefits. What are the benefits to this form of exercise? Why should someone do this form of exercise?
 - Negatives. What are some drawbacks or criticisms of this type of exercise? Your paper MUST include this section to receive full points!
 - Accessibility. Where can you go locally to complete this activity? What is the cost? Can anyone attend (elderly, disabled, etc)?

This paper must be written in essay form. The more details, the more points. *This activity will earn you up to 10 points towards your grade (two days' worth of points).*

- 3) **Attend a production at the Helene Galen Performing Art Center.** Complete a one page analysis of the show. Your paper needs to be a typed, single spaced paper that answers the following points:
 - How was the show lit? Did the lighting change throughout the show?
 - Was music used? What were the names of the songs (if you don't know, what were the songs about?)
 - What were the costumes?
 - Were any props used? Were the special effects (video, smoke, etc)?
 - Based on the lighting, music, costumes, props, and special effects, what do you think was the theme or message of the production?

You also need to turn in the ticket from the show in order to receive full points. The more details, the more points you will earn! *This activity will earn you up to 15 points towards your grade (three days' worth of points).*

