

Orchard Park High School Physical Education

Long Term Injury/Illness & Home
School Physical Education
Activity/Projects



Introduction

The Orchard Park High School Physical Education Department has put together eight projects/options for students who are on home instruction or for students who will be inactive for at least 10 weeks of physical education. All grading should be consistent with the 1-5 grading rubric used in physical education classes (See Below).

Table of Contents:

Inactive Options:

1. Non-Fiction Book Report
2. Fictional Book Report
3. Public relations Director
4. Medical Injury/Illness Analysis

Active Options:

5. Muscular Strength Improvement
6. Cardiorespiratory Improvement
7. Flexibility Improvement
8. Individual or Small Group Activities

OPHS Physical Education Grading Rubric

LEVEL 5: GRADE = 100

The student always demonstrates self-control and the utmost respect for others. The student models fair play, leadership and empathy towards others, and conducts him/herself safely and appropriately.

LEVEL 4: GRADE = 90

The student consistently shows self-control and respect for others.

He/she consistently demonstrates fair play and assumes responsibility for conducting the activity safely and appropriately.

LEVEL 3: GRADE = 80

The student maintains self-control and respect for others. The student meets the participation requirements but may show inconsistencies in following the rules and etiquette of the activity.

LEVEL 2: GRADE = 70

The student needs reminders regarding fair play, rules, and etiquette. Teacher intervention may be required, although the student generally shows respect for others and a willingness to participate.

LEVEL 1: GRADE = 60

The student does not maintain self-control, inhibiting the learning process for others.

The student does not respond to teacher intervention.

His/her actions do not contribute to a safe and healthy environment.

Grading Written Work: All written work should be graded on a 1-5 scale. Rubrics have been included for all written projects for your convenience. For example: If a student receives a 4.5 out of 5 on their project they will receive a 95 as their grade for the quarter. If they receive 4 out of 5 they should receive an 80 for the quarter.

1. Non-Fiction Book Report

The student will read a non-fiction book that will be assigned or approved by the teacher of record. The teacher should do their best is aligning the major topics of the book to the New York State Standards:

1. Personal Health and Fitness
2. Safe and Healthy Environment
3. Resource Management

1. The book report must include a title/cover page with the Book Title, Author, and Students name on it.
2. The introductory paragraph should include all of but not limited to the following:
 - a. Title
 - b. Author
 - c. Brief introduction to the book.
3. The body of the report should include all of but not limited to the following:
 - a. Describe the main characters and any important supporting characters.
 - b. Describe the setting.
 - c. Give a concise plot summary with a sequence of major events.
 - d. Give an analysis and evaluation of the book:
 - How does this book relate to physical education, sports or life-long fitness?
 - What did you learn from the book?
 - Did you enjoy the book? Why or why not?
 - Would you recommend the book? Why or why not?
4. The conclusion should pull all of your main ideas and topic together.

*The book report will be due by the assigned date. Late reports will NOT be accepted.

Rubric: 1 Point Cover page and over all presentation of the report.

1 point Introduction and conclusion

2 Points Body (Characters, setting, plot summary)

1 Points Body (analysis/evaluation)

Book Title: _____

Approved: _____

Date Assigned: _____ Date Due: _____

2. Fictional Book Report

The student will read a fictional book that will be assigned or approved by the teacher of record. The teacher should do their best is aligning the major topics of the book to the New York State Standards:

1. Personal Health and Fitness
2. Safe and Healthy Environment
3. Resource Management

1. The book report must include a title/cover page with the Book Title, Author, and Students name on it.
2. The introductory paragraph should include all of but not limited to the following:
 - a. Title
 - b. Author
 - c. Brief introduction to the book.
3. The body of the report should include all of but not limited to the following:
 - a. Describe the main characters and any important supporting characters.
 - b. Describe the setting.
 - c. Give a concise plot summary with a sequence of major events.
 - d. Give an analysis and evaluation of the book:
 - How does this book relate to physical education, sports or life-long fitness?
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4. The conclusion should pull all of your main ideas and topic together.

*The book report will be due by the assigned date. Late reports will NOT be accepted.

Rubric: 1 Point Cover page and over all presentation of the report.

1 point Introduction and conclusion

2 Points Body (Characters, setting, plot summary)

1 Points Body (analysis/evaluation)

Book Title: _____

Approved: _____

Date Assigned: _____ Date Due: _____

3. Public Relations Director

The student will choose a professional, amateur, or NCAA athletic team that is currently in season for the duration of the 10 week project. The team will be approved by the teacher of record.

The student must turn in a weekly log/update to the teacher. The weekly due dates will be preapproved by the teacher of record. The student should use the provided form to fill out the appropriate information. All information should be typed up using the form. (See attached sheet for an example)

- Rubric: 1 Point** **Team and Individual statistics.**
- 2 Points** **Team highlights and transactions/Injury report.**
- 1 Point** **Attach Box Scores (News print or internet) from all games played during the week.**
- 1 Point** **2 News articles (News print or Internet) attached to sheet**
- 5 Points Total**

Week #: _____

OPHS Public Relations Director Project Sheet

Team: Orchard Park Quakers

League: OPFHL

Logo

Team Statistics (Weekly)

Wins	Losses	Ties
2	0	1

Points For	Points Against
14	4

Team Statistics (Season)

Wins	Losses	Ties
24	10	3

Points For	Points Against
151	55



Individual Statistics (Weekly Leaders)

Scoring:

Player	Goals-Assist-Points-Penalties
Biondo	4 - 6 - 10 - 4
Abel	3 - 2 - 5 - 0
Tundo	2 - 1 - 3 - 6
Lardo	2 - 1 - 3 - 3
Gibson	2 - 1 - 3 - 0
Callahan	1 - 0 - 1 - 0
Behm	0 - 1 - 1 - 8

Goaltending:

Player: Games-Goals Allowed- W - L - T - Saves - Save Pct.	
Shoffstall	2 - 3 - 1 - 0 - 1 60 .920
O'Connor	1 - 1 - 1 - 0 - 0 44 .980

Individual Statistics (Season)

Scoring:

Player	GP	Goals	Assists	Points	PIM
Biondo	37	44	55	99	42
Abel	37	33	40	73	22
Lardo	37	20	33	53	10
Callahan	37	10	42	52	8
Gibson	37	15	31	46	38
Behm	37	20	21	41	208
Tundo	10	5	8	13	6
Wolf	37	2	10	12	110
Tryon	8	1	5	6	10
Coleman	37	1	1	2	350
Brock	4	0	0	0	2

Highlights, Transactions, and Injury Report:

After coming back from a severe head injury Tundo scored 2 goals and earned 1 assist. Biondo still leads the league in goals and points. Coleman was suspended for 2 games for a stick swinging incident in the 3rd period. Tryon will be out for another week with a finger injury. Brock will miss the next two months with a knee injury.

Week Beginning: _____
 Week Ending: _____

4. Medical Injury Analysis

The student will research their own medical injury. For a student who is not injured they can research the injury of a local professional or college player. (Idea being that it is a sports injury) If it is not a sports injury it will have to be approved by the teacher of record.

Research Paper:

1. **Introduction:** The student will explain how the injury happened. Describe when and where, what type of play. Describe how much pain they were in if any. Describe how the doctor came to the diagnosis.
2. **Body:** Research your medical injury. Do an in depth medical analysis of the injury. Compare your research with various sources to have accurate medical details. Giving information on, but not limited to:
 - a. Typical cause of the injury.
 - b. How much pain is expected?
 - c. What is the overall prognosis?
 - d. Did it require surgery? Or Would it have required surgery if the injury was worse?
 - e. How long are you expected to be out until you can fully return?
 - f. Is your injury typical for the sport you participate in?
 - g. What could you have done to prevent yourself from getting injured?
 - h. What are the chances of the injury reoccurring?
 - i. List any other important statistics regarding your injury.
3. **Conclusion:** Conclude with any rehab protocols you may need to participate in before you return. Include specific exercises and how often.
4. **Daily Activity/Rehab Log:** Keep a daily log of all of the exercises you are doing to help yourself come back from the injury
 - a. Stretches
 - b. Exercises
 - c. Therapy (ice, rest, chiropractic etc...)
 - d. Activities to avoid
 - e. Activities that help you
 - f. Improvements that are being made.

Rubric: 1 Point Introduction

2 Points Body

1 Point Conclusion

1 Point Activity/Rehab Log

5 Points Total

Injury: _____

Due Date: _____

5., 6., & 7. Exercise

5. Muscular Strength Improvement:

Utilizing “The Men’s or Women’s Health Big Book of Exercises” By Adam Campbell. The student and teacher of record will develop a muscular strength improvement exercise plan. The attached log should be used to record the student’s performance. The student will be graded on their performance and effort. The OPHS Phys. Ed. Grading Rubric should be used.

6. Muscular Flexibility Improvement:

Utilizing “The Men’s or Women’s Health Big Book of Exercises” By Adam Campbell. The student and teacher of record will develop a muscular flexibility improvement exercise plan. The attached log should be used to record the student’s performance. The student will be graded on their performance and effort. The OPHS Phys. Ed. Grading Rubric should be used.

7. Cardiorespiratory Improvement:

Utilizing “Aerobics Program for Total Well Being: Exercise, Diet, and Emotional Balance” By Kenneth Cooper. The student and teacher of record will develop a cardiorespiratory improvement exercise plan. The attached log should be used to record the student’s performance. The student will be graded on their performance and effort. The OPHS Phys. Ed. Grading Rubric should be used.

Rubric:

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