PHE Make Up Assignment:

Active for Life

**What to do**: Answer the following questions. Answers should be backed up by **reliable sources** (include sources in assignment). Include any strange or interesting facts.

1. What are at least 3 lifetime/physical activities that you believe you might participate in when you are 30-40 years old and why? What benefits will these activities have towards health and fitness for this specific age group?
2. What are at least 3 lifetime/physical activities that you believe you might participate in when you are 50-70 years old and why? What benefits will these activities have towards health and fitness for this specific age group?

|  |  |  |  |
| --- | --- | --- | --- |
| Rubric | 5 | 3 | 1 |
| Active for Life Questions | Assignment includes >3 activities for both age groups. Reasons for activities well thought out and supported by reliable sources (included). | Assignment includes 3 activities for both age groups. Reasons for activities and supported by reliable sources (included). | Assignment includes <3 activities for both age groups. Reasons for activities are not supported by reliable sources (not included). |