Orchard Park High School O.S.S. Physical Education Assignment

For each physical education class missed:

1. Read an article of your choice dealing with the one or more of following topics:
2. Personal Health
3. Athletics
4. Personal Fitness

You may use any media resource to find your articles: Newspapers, magazines, and online sources as well. Please include a copy of the article when you hand your summary in.

1. Handwrite a one page summary of the article. The summary should be thorough, highlighting major points of the article read.
2. Hand your assignment(s) in on the day you return to school.

Sincerely,

Your Physical Education Teacher

![C:\Users\jbiondo\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\NRZ5PWZT\Sports_portal_bar_icon[1].png]()