

Miss Chiesi's Physical Education extra credit assignment

Name _____

Date _____

There is a possible 20 total points to be earned for this assignment, which can make-up 2 missed classes and/or zeroes.

1. Name the five food groups (1 point total):

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

2. Name three lifetime fitness activities (1 point each):

- a. _____
- b. _____
- c. _____

3. Besides in school, ***name 2 specific*** places in Rochester where you can go to play sports/exercise (1 point each).

Do not just say the park, give the name and if you know the location give that as well:

- a. _____
- b. _____

4. The outdoor sports complex (the track/football field area) at Franklin is named after which former Quaker/Bulldog standout (2 points)? _____

5. Give examples of a healthy and balanced meal for each of the following (3 points each):

a. BREAKFAST:

b. LUNCH:

c. DINNER

6. In what country is next month's Winter Olympics being held? (1 point) _____

7. Name a sport that can improve your cardiorespiratory endurance. (1 point) _____

8. New York City is hosting this year's Super Bowl. Why is this an unusual choice? (1 point)
