

Name/Title: Physical Education Homework

Purpose of Event: To encourage students to be physically active at home.

Prerequisites: At the beginning of the year, students are taught what it means to be physically active. They are given their homework assignment for the year which is to participate in some type of physical activity for at least 30 minutes every day at home. Students are encouraged to be honest when reporting what they did for their homework.

Suggested Grade Level: all

Materials Needed: none

Description of Idea

When students come to P.E. class each week, they answer the roll by stating what they did for their P.E. homework the day before class. This is done in one word and if a student was unable to do his/her homework he/she answers by saying here. Allowing students to only use one word saves time and requires students to learn to describe an activity in a very simple way. You will be amazed at what you can learn about your students by using the roll call procedure.

Variations:

Have students write a journal entry describing the activity they engaged in out of school. If your school has heart rate monitors, check them out periodically and have students record their heart rate during their PE Homework.

Adaptations for Students with Disabilities:

No adaption is needed.

Submitted by **Ken Shull** who teaches at Marrington Elementary School in Goose Creek, SC. Thanks for contributing to PE Central! **Posted on PEC: 11/16/2003.**

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