

## **RCHS Physical Education**

### **Creative/Artistic Representation of an Exercise or Physical Activity Makeup Assignment**

Create a poster or large visual representation of *a specific type of exercise or physical activity*.

Include in the poster:

1. Drawings or pictures (be creative!) illustrating the activity
2. Relevant vocabulary to the topic
3. A brief history on the activity
4. Valid information done through research on how to perform the activity
5. Positive health benefits from performing the activity