**Physical Education Alternative Assignment**

**Name:** **Date:** **Class Period:**

**Date of absence you are making up:**

Find an article relating to health and/or fitness from the following website:

http://kidshealth.org/kids/

**Title:**

**Source:**

**Date of Publication:**

**Author:**

**Summary of the article: (Must be at least 5 sentences)**

**At least 3 facts about the article:**