**PE Article Review** (20 points)

**Directions:** Find the articles related to your unit at the following website (http://cdeastphysed.wikispaces.com).

Choose one of the articles related to your unit. If you need more room to write you can use the back of the page.

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Teacher**\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_**Pd**\_\_\_\_\_\_

**Article Title:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What is the author’s main point or idea? Use your own words to **summarize** the main idea. You must include at least **5** complete sentences in your work. (5pts.)
2. Forgetting what the author thinks for a moment, what are **your** own **thoughts and/or opinions** about the article and subject? Use your own words and include **3** complete sentences. (3 pts.)
3. After reviewing the article provide at least **3** **examples** as to how this activity can be beneficial toward the goal of life long fitness or what you are currently studying in class. (3 pts.)
4. **Explain** what component(s) of fitness (s) being used in your class. (Cardiovascular/muscular endurance, muscular strength, body composition or flexibility). Use your own words and include **3** specific examples. (3 pts.)
5. Using the content from the article, **describe** **5** ways you can use communication, listening, teamwork, critical thinking, and compassion in your PE class or outside of school. (5 pts.)