

Weights Make Up Article Review and Reflection

If you are absent, miss class due to injury, illness, or are in ISS/OSS, you are required to read an article and write a review. If you want to improve your grade you can also follow the article review format. The articles to write your review can be found at your teacher's web page.

Upon completion of reading the article, the student is required to write a review which will be turned in one week after assignment was due or a week after the student returns. The review requirements are listed below and must be followed in order to receive credit.

Make up info also located on the Teachers Website.

Format: If typed, 12-point font and **SINGLE** space. If handwritten, it must be readable to receive credit. The top of your page should include: article title, author, your name, your teacher's name, class period, date, and the reason you are writing your makeup review article. **The total paper will be 5 paragraphs made up of 7-10 sentences in each paragraph and about 1 page in length. You must follow the Article Review Format below to receive full credit.**

The first paragraph will include 7-10 sentences stating the reason for writing the article review such as absences, non-dress, poor performance, illness, injury or ISS/OSS, steps you will take to make sure this is not a recurring situation, your current grade (check studentvue, if you are unsure) and what you are doing to be successful or what you need to change to be more successful.

The second paragraph will identify, define, and use in a sentence 3 words that you were unfamiliar with. **This portion is not optional.** Learning new words will help you to increase your vocabulary.

The third paragraph will include 7-10 sentences stating why you chose the article along with a summary of the article (Cover the 5 "W's" Who, What, When, Where, Why of the article).

The fourth paragraph will include 7-10 sentences about what you thought of the article. Did you agree or disagree with it? What did you like or dislike about it? How can you apply anything from this article to be of benefit to you in your life? Can you apply it to something happening in your life or what you have learned in school? Share your overall thoughts on the material.

The fifth paragraph will include 7-10 sentences stating how fitness, health, nutrition or sports play a part in your life. Include 3 positive things you currently do to live a healthy and fit lifestyle and three things you need to improve on to live a healthy and fit life. What is your plan to live a healthy and fit lifestyle to ensure a long and healthy life? What activities do you currently participate in and why? What activities would you like to try? What is your greatest fitness strength and weakness? Will being fit help you in reaching your future goals or career?