

Invent – A – Sport (30 pts.)

1. May work in groups of 2 or 3
2. May develop new sport (game), or combine elements of several established sports.
3. Sport must improve all elements of physical fitness: body composition, flexibility, muscular strength, muscular endurance, cardiorespiratory endurance.
4. Use markers (colored pencils) to illustrate the playing surface, equipment used, uniforms, etc...
5. Answer questions A-J on back of posterboard.
6. Due @ beginning of hour tomorrow.
 - A. What is the name of your sport?
 - B. Is it a team or individual sport?
 - C. How many people can play at once?
 - D. What is the object of the sport?
 - E. What are the rules of the sport?
 - F. What equipment is needed?
 - G. Where is the sport played?
 - H. What injuries could occur and how could they be prevented?
 - I. How long does game last?
 - J. Specifically, how does your sport improve **each** component of physical fitness?