**Alternative Physical Education Project**

• Go to kids www.kidshealth.org

• Click on the option that says Teens Site

• Choose a category from the left side of the page

• Once you choose a category a new list of options will appear to the right

• Choose a new category from this list

• Once you choose a new category a list of articles will appear

• Choose an article from this list

• Read the article

• Write a two page summary of the article. (handwritten..front and back is fine)

• Submit 1 article summary for every day missed