

Optional Make-Up Assignment Directions

Optional Make-up assignments are due within 3 days of your absence. .

Make-up assignments are worth 2.5 points toward an absence. To receive full points, all directions must be followed and quality of the assignment must be grade-level appropriate. Assignments receive a score of 1-5. This does NOT EXCUSE your absence. You must clear all absences with the attendance office.

Format and submission directions

- Your name, the date and the date of your absence must be in the upper right-hand corner of the paper.
- Double-spaced, 12 size Font in Times New Roman, 1" margins
- Work is completed on Google Drive/Docs only.
- "Share" the document with thompson.sharon@tusd.org within 3 days.
- No grammatical, punctuation or spelling errors.
- Follow all directions exactly.

Assignment Directions

1. Locate one swim video on an aspect of swimming in which you need improvement. Examples include flip turns, increasing speed or endurance, backstroke kick, etc. Great sources for videos are GoSwim.tv and YouTube.
2. View the video, take notes on parts of the video that enlighten and give you hints on how to improve.
3. Write a 1 full page (3 paragraph) essay describing the video and answering the questions below. .

Paragraph 1

- Title and URL of the video
- What is the objective of the video?
- Describe what the video showed you? **BE SPECIFIC and DETAILED.**
- What hints and techniques did you learn?

Paragraph 2

- Would you recommend the video to other swimmers and why? Be specific in your evaluation.

Paragraph 3

- Explain how you will apply this information to improve your stroke/technique.
- **BE SPECIFIC.** What exactly will you do differently to master this aspect of your stroke?
- How will you know that you have improved? How is your success measured?