**Physical Education Assignment #4**

Name: \_\_\_\_\_\_\_ Today’s Date: \_\_\_\_\_\_\_\_\_\_

Period: \_\_\_\_\_\_\_\_ Date absent/injured: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Students are to write a minimum of 3 paragraphs in this essay. This assignment is designed to strengthen the student’s general knowledge of sports, human development, and to reinforce writing skills.

### Writing Prompt: **LIFESTYLE CHANGES YOU CAN MAKE TO BECOME HEALTHIER**

This is a tricky one to complete, especially if you are not willing to change your lifestyle. However, you can learn a lot by writing an essay of this kind and you may be surprised by how much you will change.

Examples of lifestyle changes could be nutrition, physical activity, family involvement, etc...