

POWER STANDARD 5: I Value Physical Education, Fitness, and Health**SIGN UP FOR AN EVENT**

Name: _____

_____ Power standard 3: I participate regularly.

_____ Power standard 5: I value physical education, fitness, and health.

Create a poster or visual aid that shows that you know how to find information about signing up for two fitness events, such as a 5K race, 10K race, half marathon, marathon, duel-a-thon, triathlon, swim meet, dog walk, cycling event, and so on.

Each poster must include the following for each event:

- Name of the event
- Flier (either the hard copy or a printout of the online version), filled out with as much information as you see fit
- Website
- Date of the event
- Copy of the back of the flier so you can post both sides (or get two for each event)

Make it as large as you like. The best will be displayed and used to teach future physical education students.