

**POWER STANDARD 5: I Value Physical Education, Fitness, and Health****LOCAL FITNESS OPTIONS RESEARCH PROJECT**

Name: \_\_\_\_\_

\_\_\_\_\_ Power standard 3: I participate regularly.

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

Choose one of the following:

1. Create a poster or visual aid that shows that you understand how to find information regarding your local parks and recreation department.
2. Write an essay that includes the following information regarding your local parks and recreation department.

Each poster or essay must include the following:

**Basic Departmental Information**

- Name of the director
- Name of the city and department
- Address of the department
- Phone number
- Website

**Programs Offered**

- Sport and games—leagues, tournaments, and so on
- Fitness opportunities—runs, cycling events, swimming lessons, and so on
- Fitness classes—aerobics, step classes, weight training, and so on
- Youth programs and sports
- Adult programs and sports