

POWER STANDARD 3: I Participate Regularly**PHYSICAL ACTIVITY OPPORTUNITIES IN
MY COMMUNITY: PARKS AND RECREATION**

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 can locate and understand information about your local parks and recreation department (classes, programs, teams, and so on).
 - A list or pictures of sport opportunities
 - A list or pictures of fitness class opportunities
 - The name of the director and contact information (address, phone, e-mail)
2. Write a 2- to 3-page report that shows you can locate and understand information about your local parks and recreation department. Make sure that you include information about classes offered, fitness programs, sport opportunities, and any other programs. Use 12-point font and double-spacing.