Date(s) Gone: ­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Reason Gone: Vacation---Sick---Other (Please circle)

*Your Task:*

Create a fitness vlog or “video blog” using your iPad in which you talk about your fitness experiences. This vlog needs to be edited. You will need to talk about some sort of fitness you have completed within the past week outside of school time. PE and lunch break do NOT count. It is strongly recommended that you record some of the fitness being done.

*What should you talk about?*

* What was the fitness you completed?
* How hard was it to do this fitness?
* Where did you do this fitness at?
* Why did you choose this fitness?
* Who would you recommend this fitness for?
* How long was this fitness?

*The Yellow Brick Road:*

1. The video was edited and no longer than 5 minutes and not shorter than one minute.
2. The vlog was interesting and then vlogger kept the viewer’s attention.
3. The fitness described lasted at least 10 minutes and showed some of the fitness in progress.
4. The vlogger took their time to create a well-made video.
5. The assignment was turned in no later than two weeks after absence.