

Alternative Physical Education Project

- Go to kids www.kidshealth.org
- Click on the option that says Teens Site
- Choose a category from the left side of the page
- Once you choose a category a new list of options will appear to the right
- Choose a new category from this list
- Once you choose a new category a list of articles will appear
- Choose an article from this list
- Read the article
- Fill out a summary sheet for the article
- Submit 1 article summary for every class

