Extra Credit Assignments

**RULES**

1. YOU MUST BE IN THE PHOTOS.

2. YOU MUST EXERCISE A MINIMUM OF 15 MINUTES ON THE TRAIL.  THIS MAY INCLUDE BIKING, WALKING, JOGGING, HIKING, SKATEBOARDING, ROLLERBLADING, ETC.

3. IF TAKING A PICTURE OF A PARENT HAVE THE PARENT COMMENT ON THE ACTIVITY WHEN EMAILED.

4.  EVERYTHING MUST BE EMAILED AND INCLUDE AT LEAST ONE PHOTO FOR PROOF.

1. Find the start of the Poudre Trail at Eastman Park.

Take a picture of the bridge going over the Poudre River.  (25 Points)

2. Walk, jog, bike or skate the Poudre Trail from the bridge to the first set of gates you come across.  Take a picture of the gates.  (50 points)

AND/OR

Have a parent take a picture of you doing an activity on wheels (bike, rollerblades, skateboard etc.)  Also, parent must include how long you did the activity.  (5 points for every 20 minutes of activity)

3. Take a picture of you and a parent on any trail in Windsor.  (25 points)

4. Take a picture of any trailhead sign on an actual trail in the mountains.  The trail must be a hiking or biking trail that is dirt.  No paved or concrete trails count for this one.  (50 points)

5. Send a picture of you participating in a sports practice.  (10 points)

Send a picture of you doing any type of physical activity. (10 points)

Send a picture of playing with a pet or exercising a pet. (10 points)

6. Send a picture of you playing against someone on the pickle ball courts at Main Park. (25 points)

7. Write a full-page paper on your favorite athlete. (25 points)

8. Send a picture of you next to any trailhead sign in Rocky Mountain National Park. (100 points)

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