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**1.** Select an article from a newspaper, reliable online source, or magazine that is related to F.L.A.S.H. (Fitness, Lifetime Activities, Sports, Health). The article should be of interest to you!

**2.** Try to pick a controversial topic (doping, cheating, prejudice…) in sports or a leading research topic in fitness and health (what is the newest workout hype? What method of training works best?...)

I don’t want to see an article about which team traded their star player, who was recently injured, or who is on a ten game winning streak.

**3.** Print or cut out the article and attach it to your paper.

**4.** There is no minimum length for this assignment. I look for quality over quantity.

**PART I**

Summarize the article in your own words. Consider the following questions when summarizing the article.

* Where did you find article and who wrote it?
* Why did you choose the article?
* Who is the article about?
* What is the article about?
* When did the event occur?
* Where did the event occur?
* Why did the event occur?

**PART II**

Reflect on the article. Consider the following questions when writing your reflection.

* What stance do you take on the topic being presented in the article? Why do you feel this way?
* What did you learn from the article?
* What are some questions you would like to have answered to help you better understand the topic being presented in the article?
* How does the topic affect you, your family or community? If the topic doesn’t affect you, who does it have an affect on?