**Article 7**

Write a one page, handwritten paper comparing and/or contrasting how you performed during this semester’s Physical Fitness Test compared to last semester. Topics you can discuss are: did you do better or worse, did you improve or not, which task was easier or harder this semester compared to last, why you think you did better or worse, are you more in shape compared to the first semester, did you set any goals for yourself, did you meet those goals, did you have higher or lower expectations of your performance, how did the rest of your classmates compare to your performance, etc. The article should have your name, class period, attendance coach, and the title of the article at the top of the paper. Your piece of paper needs to be a standard size like college or wide ruled paper. Do not skip lines in between each sentence and do not write in an abnormal size font. The entire front side of the paper should be filled with your response; you may use the back if needed. The article can be turned in during your PE class or you may take a picture of it and upload it to the Schoology. Points will be taken off if the paper is typed, not on topic, not a full page, and/or if it is late.

**Article 7 will be due on Friday, April 4.**