

Mr. Mack
Choir
Wilson Middle School

Posture Project Description

The Posture Project is

DUE THURSDAY, NOVEMBER 6, 2008

You will create a poster using one piece of cardstock. This poster will illustrate the elements of bad posture, and the elements of good posture. You may use original drawings, photos of you and/or your friends, or photos from the Internet or magazines.

You must label each of the following aspects of good posture as they are shown in your photo(s).

1. Head is balanced on shoulders, not tilted
2. Shoulders are down and back
3. Chest is proud
4. Hips are back, not pushed forward
5. Knees are relaxed, not locked
6. Feet are shoulder-width apart
7. Your weight is on both feet, not leaning
8. Arms are down at your sides

Your poster needs to have at least one labeled illustration of good posture, and one labeled illustration of bad posture.

The poster is worth 15 points. Grades will be earned based on completeness, neatness, and creativity. You will not be presenting these posters. They will help remind you to stand with good posture as you sing in class.

Have fun with this one.