

Easy Peasy All-in-One High School

An extension of the Easy Peasy All-in-One Homeschool

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PE/Health 1

Physical Education and Health

Credits: .5

Course Description: Students will learn about the health benefits of many types of exercise as well as read current news articles on health. Students will be on the move with a variety of activities of their choice from the "Do It Daily" exercise options.

This course should be done three days a week.

Week 1(*)

If a link is not working, follow the steps on the FAQ page.

1. Read the [introduction](#). (*)I suggest printing out a checklist with [boxes](#) or [writing space](#) to mark off that you completed each assignment. Your grade will be based on what percent of boxes you have ticked off. Alternatively, you can download their tracker if you want to record and create a report of how many hours you spent on each type of physical activity. Just click on "Let's Get Started" at the bottom of the page.
2. Read through the pages on [Activities](#) for this "dimension." Choose a physical activity to complete.
3. Read a [health article](#). (There is a new one each week.) You should do your physical activity again.
4. Choose an [activity](#) to complete.

Week 2

1. Read through the pages on [health benefits](#) for this "dimension." Choose a physical activity to complete.
2. Read a [health article](#). (There is a new one each week.) You should do your physical activity again.
3. Choose an [activity](#) to complete.

Week 3

1. Read through the pages on [cooperation](#) for this "dimension." Choose a physical activity to complete.
2. Read a [health article](#). (There is a new one each week.) You should do your physical activity again.
3. Choose an [activity](#) to complete.

Week 4

1. Read through the pages on ["Do It Daily"](#) for this "dimension." Choose a physical activity to complete.
2. Read a [health article](#). (There is a new one each week.) You should do your physical activity again.
3. Choose an [activity](#) to complete.

Week 5

1. Read through the pages on [Activities](#) for this "dimension." Choose a physical activity to complete.
2. Read a [health article](#). (There is a new one each week.) You should do your physical activity again.
3. Choose an [activity](#) to complete.

Week 6

1. Read through the pages on [health benefits](#) for this "dimension." Choose a physical activity to complete.
2. Read a [health article](#). (There is a new one each week.) You should do your physical activity again.
3. Choose an [activity](#) to complete.

Week 7

1. Read through the pages on [cooperation](#) for this "dimension." Choose a physical activity to complete.
2. Read a [health article](#). (There is a new one each week.) You should do your physical activity again.

3. Choose an activity to complete.

Week 8

1. Read through the pages on "Do It Daily" for this "dimension." Choose a physical activity to complete.
2. Read a health article. (There is a new one each week.) You should do your physical activity again.
3. Choose an activity to complete.

Week 9

1. Read through the pages on Activities for this "dimension." Choose a physical activity to complete.
2. Read a health article. (There is a new one each week.) You should do your physical activity again.
3. Choose an activity to complete.

Week 10

1. Read through the pages on health benefits for this "dimension." Choose a physical activity to complete.
2. Read a health article. (There is a new one each week.) You should do your physical activity again.
3. Choose an activity to complete.

Week 11

1. Read through the pages on cooperation for this "dimension." Choose a physical activity to complete.
2. Read a health article. (There is a new one each week.) You should do your physical activity again.
3. Choose an activity to complete.

Week 12

1. Read through the pages on "Do It Daily" for this "dimension." Choose a physical activity to complete.
2. Read a health article. (There is a new one each week.) You should do your physical activity again.
3. Choose an activity to complete.

Week 13

1. Read through the pages on Activities for this "dimension." Choose a physical activity to complete.
2. Read a health article. (There is a new one each week.) You should do your physical activity again.
3. Choose an activity to complete.

Week 14

1. Read through the pages on health benefits for this "dimension." Choose a physical activity to complete.
2. Read a health article. (There is a new one each week.) You should do your physical activity again.
3. Choose an activity to complete.

Week 15

1. Read through the pages on cooperation for this "dimension." Choose a physical activity to complete.
2. Read a health article. (There is a new one each week.) You should do your physical activity again.
3. Choose an activity to complete.

Week 16

1. Read through the pages on "Do It Daily" for this "dimension." Choose a physical activity to complete.
2. Read a health article. (There is a new one each week.) You should do your physical activity again.
3. Choose an activity to complete.

Week 17

1. Read through the pages on Activities for this "dimension." Choose a physical activity to complete.
2. Read a health article. (There is a new one each week.) You should do your physical activity again.
3. Choose an activity to complete.

Week 18

1. Read through the pages on health benefits for this "dimension." Choose a physical activity to complete.
2. Read a health article. (There is a new one each week.) You should do your physical activity again.
3. Choose an activity to complete.

Week 19

1. Read through the pages on cooperation for this "dimension." Choose a physical activity to complete.
2. Read a health article. (There is a new one each week.) You should do your physical activity again.
3. Choose an activity to complete.

Week 20

1. Read through the pages on “Do It Daily” for this “dimension.” Choose a physical activity to complete.
2. Read a health article. (There is a new one each week.) You should do your physical activity again.
3. Choose an activity to complete.

Week 21-36

1. Read a health article. (There is a new one each week.) You should do your physical activity again.
2. Choose an activity. It would be best to choose one and make it your goal to do it every day, or most days, for fifteen minutes. You need to at least do 30 minutes of your activity twice a week.



I found PE/Health 1 to be...

easy just about right hard

Vote [View ResultsPollDaddy.com](http://ViewResultsPollDaddy.com)

About how much time I spent each day on PE/Health 1

20 minutes or less 30 minutes 60 minutes or more

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