

**Created June 2018 \*Please note that this is a copy and therefore has not been updated since its creation date. If you find a link issue or typo here, please check the actual course before bringing it to our attention. Thank you.\***

## **PE/Health 1**

**Please review the FAQs and [contact](#) us if you find a problem.**

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 about the [benefits of an active lifestyle](#).
2. You need to at least do 30 minutes of your activity twice a week. If you are already involved in sports or something, you don't need to do more if you are meeting the requirement of at least 30 minutes twice a week.
3. If not, choose an activity, playing games in the back yard, taking a family walk, etc. are good ways to get started.
4. Here's a [checklist](#) you may want to use to track your activity.

### **Week 2**

1. Read about the [benefits of an active lifestyle](#).
2. Spend at least 30 minutes twice a week in an activity. Walk, play outside, ride a bike, climb the stairs, vacuum and scrub.
  1. Here's a list of [ideas](#).

### **Week 3**

1. Read about [benefits of an active lifestyle](#).
2. Spend at least 30 minutes twice a week in an activity. Here's one list of [ideas](#).

### **Week 4-20**

1. Read a [health article](#). Tell a parent about what you learned. (\*Note to parents: I don't control the topics of these articles. You should be aware what your child is reading about. These can be something to discuss.)
2. Spend at least 30 minutes twice a week in an activity. Here's one list of [ideas](#).

### **Week 21-36**

1. Read a [health article](#). Tell a parent about what you learned. You should do your physical activity again.
2. Choose one of the two [workouts](#).