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(*)

1. If you didn’t get here through My EP Assignments, I suggest you go there and create an account. 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

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 5
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 6
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 7
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 8
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 9
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 10
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 11
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 12
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 13
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 14
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 15
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 16
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 17
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 18
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 19
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 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
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.

Week 22
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.

Week 23
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.

Week 24
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.

Week 25
1. Read a health article. Tell a parent about what you learned. You should do your physical activity again.

Week 26
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.

Week 27
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.

Week 28
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.

Week 29
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.

Week 30
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.

Week 31
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.

Week 32
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.

Week 33
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.

Week 34
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.

Week 35
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.

Week 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.