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PE/Health 3

Credits: .5

Course Description: Students will learn more about their body, how it functions and how to improve its function. They will learn about fat and muscle and how to train to improve fitness levels. Students will build fitness routines to improve their strength, flexibility and aerobic capacity. Students will take three benchmark fitness tests during the year to track their improvement. Students will also practice fire safety and learn about the dangers of alcohol and of driving while on a cell phone.

Week 1
1. If you didn’t get here through My EP Assignments, I suggest you go there and create an account.
2. Make sure your family has a fire escape plan for each room of the house.
3. Make sure you and everyone else in your family knows what it is.
4. Conduct a fire drill for two different circumstances.

Week 2
1. Read over the instructions for the Presidential Youth Fitness Tests for strength and flexibility. Decide how you are going to accomplish those tests.
2. *Print the record sheet. Learn about the proper way to do a sit up. Do the sit up (curl up) test. Record your results.
3. Learn about stomach muscles and stomach fat. Remember that activity doesn’t have to be exercise. Walking the dog, vacuuming, etc. are activities.

Week 3
1. Do the trunk lift and upper body strength test. Record your results.
2. Learn about the proper way to stretch. Do the flexibility test. Record your results. Make sure you put the date.
3. Learn about stretching and muscles.

Week 4
1. Read about the aerobic capacity test and decide how you are going to do it.
2. Take the aerobic capacity test and record your results.
3. Read about the body and endurance.

Week 5
1. Hold onto your test results. We will test two more times this year. Your job is to make progress. Today read about:
   - increasing strength and mobility (I don’t recommend getting any equipment.)
2. Design a workout routine to help you improve in every testing area.
3. Learn about the dangers of alcohol and cell phones and driving.

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. Do your workout routine. You should do it at least three times a week for school, but if you can do it most days, you’ll see more improvement.

**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. Do your workout routine. You should do it at least three times a week for school, but if you can do it most days, you’ll see more improvement.

**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. Do your workout routine. You should do it at least three times a week for school, but if you can do it most days, you’ll see more improvement.

**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. Do your workout routine. You should do it at least three times a week for school, but if you can do it most days, you’ll see more improvement.

**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. Do your workout routine. You should do it at least three times a week for school, but if you can do it most days, you’ll see more improvement.

**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. Do your workout routine. You should do it at least three times a week for school, but if you can do it most days, you’ll see more improvement.

**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. Do your workout routine. You should do it at least three times a week for school, but if you can do it most days, you’ll see more improvement.

**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. Do your workout routine. You should do it at least three times a week for school, but if you can do it most days, you’ll see more improvement.

**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. Do your workout routine. You should do it at least three times a week for school, but if you can do it most days, you’ll see more improvement.

**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. Do your workout routine. You should do it at least three times a week for school, but if you can do it most days, you’ll see more improvement.

**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. Do your workout routine. You should do it at least three times a week for school, but if you can do it most days, you’ll see more improvement.

**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. Do your workout routine. You should do it at least three times a week for school, but if you can do it most days, you’ll see more improvement.

**Week 18**
1. Complete all of the Presidential Fitness Tests again. Record your results with the date. (Do these over three days. You can find the directions in weeks 1-4.)
2. Did you make any improvement?
3. Do you need to make any changes to your fitness routine?

**Week 19**
1. Read a health article. Tell a parent about what you learned.
2. Do your workout routine.

**Week 20**
1. Read a health article. Tell a parent about what you learned.
2. Do your workout routine.

**Week 21**
1. Read a health article. Tell a parent about what you learned.
2. Do your workout routine.

**Week 22**
1. Read a health article. Tell a parent about what you learned.
2. Do your workout routine.

**Week 23**
1. Read a health article. Tell a parent about what you learned.
2. Do your workout routine.

**Week 24**
1. Read a health article. Tell a parent about what you learned.
2. Do your workout routine.

**Week 25**
1. Read a health article. Tell a parent about what you learned.
2. Do your workout routine.
Week 26
1. Read a health article. Tell a parent about what you learned.
2. Do your workout routine.

Week 27
1. Read a health article. Tell a parent about what you learned.
2. Do your workout routine.

Week 28
1. Read a health article. Tell a parent about what you learned.
2. Do your workout routine.

Week 29
1. Read a health article. Tell a parent about what you learned.
2. Do your workout routine.

Week 30
1. Read a health article. Tell a parent about what you learned.
2. Do your workout routine.

Week 31
1. Read a health article. Tell a parent about what you learned.
2. Do your workout routine.

Week 32
1. Read a health article. Tell a parent about what you learned.
2. Do your workout routine.

Week 33
1. Read a health article. Tell a parent about what you learned.
2. Do your workout routine.

Week 34
1. Read a health article. Tell a parent about what you learned.
2. Do your workout routine.

Week 35
1. Read a health article. Tell a parent about what you learned.
2. Do your workout routine.

Week 36
1. Complete all of the Presidential Fitness Tests again. Record your results with the date.
   (Do these over three days. You can find the directions in weeks 1-4.)
2. Compare your results from the beginning and middle of the year.
3. Did you improve?