

ROMETO – May 26 -29

9th/10th Grade Health – Complete attached STD Packet

9th-12th Physical Education – Complete two 30 minute sessions throughout the week of one or more of the following types of physical activity: Cardiorespiratory Endurance, Flexibility, Muscular Endurance, Muscular Strength. You may do any work out that we have done in class or you may utilize any workout video on Youtube (there are a lot of great ones that require little to no equipment) or any fitness apps on your phone.

Please write down the activity, duration, sets, reps, weights, etc in your journal and have a parent/guardian sign. Take a picture once you complete both sessions and email it to mrometo@rsd.k12.pa.us.

7th-8th Grade Physical Education - Complete four 30 minute sessions throughout the week of one or more of the following types of physical activity: Cardiorespiratory Endurance, Flexibility, Muscular Endurance, Muscular Strength. You may do any work out that we have done in class or you may utilize any workout video on Youtube (there are a lot of great ones that require little to no equipment) or any fitness apps on your phone.

Please write down the activity, duration, sets, reps, weights, etc in your journal and have a parent/guardian sign. Take a picture once you complete both sessions and email it to mrometo@rsd.k12.pa.us.