

## **ROMETO – March 30 – April 3**

**9<sup>th</sup>/10<sup>th</sup> Health** – Read Chapter 12 and copy highlighted vocabulary terms into notebook. Complete Chapter Review on Page 310, questions 1-25. Please take a picture of vocab and questions and email them to [mrometo@rsd.k12.pa.us](mailto:mrometo@rsd.k12.pa.us)

**9<sup>th</sup>-12<sup>th</sup> 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](mailto:mrometo@rsd.k12.pa.us).

**7<sup>th</sup>-8<sup>th</sup> 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](mailto:mrometo@rsd.k12.pa.us).