

## ROMETO PE AND HEALTH LESSON PLANS

**7<sup>th</sup> and 8<sup>th</sup> Grade Physical Education** – Log 30 minutes of moderate/vigorous physical activity in notebook verified by a signature from a parent/guardian/trainer/coach 4 days per week.

**9<sup>th</sup>-12<sup>th</sup> Grade Physical Education** – Log 40 minutes of moderate/vigorous physical activity in notebook verified by a signature from a parent/guardian/trainer/coach 2 days per week.

10<sup>th</sup> Grade Health:

Read Chapter 10. Copy highlighted vocabulary terms in notebook. Complete the section reviews on the following pages:

Section 1 – page 246 #'s 1-13

Section 2 – page 252 #'s 1-10

Section 3 – page 258 #'s 1-9

Read Chapter 11. Copy highlighted vocabulary terms in notebook. Complete the chapter review on page 280, #'s 1-23.