

## **SPOHN - APRIL 27 - MAY 1, 2020**

### **9TH & 10TH GRADE HEALTH**

Read pages 474 - 479; do pg 479 1-8, answers only.

### **7TH GRADE HEALTH**

No work this week! Turn in past work please!

Week 1 & 2: "Who am I" paper. In one page tell me all about you. Your favorite movie, sports, hobbies, food, etc..

Week 3: Google: Kids Health/for kids/five steps for fighting stress (read or listen to). Tap on it. Write down 5 or more activities you do to deal with stress. How so you feel after the activity? Explain in a paragraph or 2.

Week 4: Watch a funny movie. After the movie write a paragraph telling me the name of the movie, how you felt before and after watching it (relating to stress).

### **8TH - 12TH PE:**

Write down on paper 2 - 40 minute sessions of physical activity; parents sign; take picture and email me ([wspohn@rsd.k12.pa.us](mailto:wspohn@rsd.k12.pa.us)). You can look on grade book to see what days and dates to send me your workout. You are doing good. Keep exercising! So important for all of us!

