

SPOHN - APRIL 15 - APRIL 17, 2020

9TH & 10TH GRADE HEALTH:

Page 428 - do "What's Your Health IQ".

Read Chapter 18, pages: 430 - 435;

do pg. 435, questions 1 - 9.

Read pgs. 436 - 442; pg. 442: questions 1 - 10: answers only.

7TH GRADE HEALTH:

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 do you feel after the activity? Explain in a paragraph or 2.

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). 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!!