PE/ Health Evens

Please review the FAQs and contact us if you find a problem with a link.

Course Description — Students will develop their strength and endurance while learning the proper way to exercise as well as learning about proper nutrition. Students will also develop their knowledge of fire safety and a variety of disabilities in order to better understand those who are different from themselves.

Levels:

Levels 1-4 — 1st through 4th

Levels 5-8 — 5th through 8th

Week 1
1. If you didn’t get here through My EP Assignments, I suggest you go there and create an account.
2. Stretching — stretch and warm up along with the video. Follow the directions!

Week 2
Levels 1-4

1. Fire Safety — Create the story about the job of forest rangers.

Levels 5-8

1. Fire Safety — Find and read about preventing wildfires and campfire safety. You can do the game.

Week 3
1. Climb the stairs 5 times. If you don’t have stairs, find something you can step up on and down from. Count 50 steps.

Week 4
Levels 1-4

1. Watch the videos on road safety.
   - one
   - two

Levels 5-8
1. Watch the videos on road safety.
   - one
   - two

Week 5
1. Do at least 20 jumping jacks. (You could compete with a sibling to see who can do them the longest.)
2. Here is a video to teach you how to do a proper jumping jack.

Week 6
1. Do You Know Your Food Groups

Week 7
1. Try and do a push up. Can you do ten? Try every day and you’ll get better.
2. Watch the video to learn how to do it properly.

Week 8
1. Write down what you had for dinner yesterday.
2. Find the foods here and write what nutrients (vitamins and minerals) you got from your food.
   - Change the middle selection “Filter on Database” to Standard Reference.
   - Then enter the food you ate in the blank on the left.
   - Click on Go.
   - Click on the food from the list.
3. You could save this for your portfolio.

Week 9
1. Do sit ups, as many as you can properly.
2. Watch the video to learn how to do it right.

Week 10
1. Food pyramid game

Week 11
1. Try to jog in place for five minutes.

Week 12*
1. *Look at this plate diagram. Fill in food items that belong in each food group.
2. Think about how these compare to what food God gives people to eat in the Bible.

Week 13
1. Stretch and then hold yourself in the push up position for at least 10 seconds. This is called a plank. Then lie on your back and try and lift your feet off the floor for 10 seconds. Keep you legs straight.

Week 14
1. See if you are allowed to make dinner today. Choose a healthy recipe.

Week 15
1. Make a dance then try and do it.

Week 16*
1. *Keep a meal diary.
2. You can decide with your parents what you want to use for your serving goals. This is only one recommendation.
3. Give this to your parents to save for your portfolio.

Week 17
1. Get a milk or juice container out of the fridge. How many times can you lift it above your head? How many times can you set it on the floor and pick it up again? How many times can you put it on the counter and take it off again? Use both arms.
Week 18
Levels 1-4

1. Read about the importance of drinking. Levels 5-8

Week 19
1. March in place for five minutes.

Week 20
1. Make a chart to record how many fruits and vegetables you eat in a day. Do you need to eat more?

Week 21
1. With permission plan/build an obstacle course and see how fast you can complete it.

Week 22
Levels 1-4

1. Read about junk food. Levels 5-8

Week 23
1. Read about food labels.

Week 24
1. Stretch. Then do 10 jumping jacks, 10 sit ups and 10 push ups (put your knees on the ground if you have to.) Do this every day this week. We're going to try and do it every day for forty days.

Week 25
1. Stretch. Then do 10 jumping jacks, 10 sit ups and 10 push ups (put your knees on the ground if you have to.) Do this every day this week. You made it forty days!

Week 26
1. Stretch. Then do 10 jumping jacks, 10 sit ups and 10 push ups (put your knees on the ground if you have to.) Do this every day this week. You made it forty days!

Week 27
1. Learn about Tourette Syndrome. Scroll down and read through the page and then take the facts check up.
2. You can keep doing your exercises!

Week 28
1. After you do your stretches and sit ups and push ups, then jog in place for five minutes. Do it every day!

Week 29
1. Learn about Autism. Scroll down and read through the page and then take the facts check up.
2. You might want to watch this video with a parent about a severely autistic girl who has learned to express herself through typing.
3. You can keep doing your exercises!

Week 30
1. After you do your stretches and sit ups and push ups and jog in place for five minutes, then go up and down the stairs twice. Do it every day!

Week 31
1. Learn about Hearing Loss. Scroll down and read through the page and then take the facts check up.
2. You can keep doing your exercises!

Week 32
1. After you do your stretches and sit ups and push ups and jog in place for five minutes and go up and down the stairs twice, then do five squats (squat and stand five times with your hands out in front of you.) Do it every day!

Week 33
1. Learn about Mobility Loss. Scroll down and read through the page and then take the facts check up.
2. You can keep doing your exercises!

Week 34
1. After you do your stretches and sit ups and push ups and jog in place for five minutes and go up and down the stairs twice and do five squats, then lift a milk jug over your head five times with each arm. Do it every day!

Week 35
1. Learn about Visual Impairment. Scroll down and read through the page and then take the facts check up.
2. You can keep doing your exercises!

Week 36
1. You don’t have to stop stretching and exercising just because it’s the end of the school year! Keep it up! Choose a favorite exercise, jogging, stair climbing, jumping rope...and try and do it for longer and longer each day.