

Grades 6-8
Physical Education/Health Activities and Assignments
Mr. Alston
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Week of: April 6-10

Grades 6-8: Health Objective Assignment

SWBAT: Understand what the Coronavirus is, what is the immune system and what part does the immune system play in fighting against viruses such as the Covid-19.

Assignment: In (2-3) paragraphs, research what the Coronavirus is and how people get infected. Also, explain through research and fact finding, what is the Immune System, what part does it play in fighting off viruses and (2-3) ways you can build up your immune system to protect yourself from the Coronavirus. Please submit the assignment by Friday April 10.

Physical Education Daily Workout Challenge:

Put down the phone, tablet and joystick. Time for the Daily Workout Challenge. **SWBAT:** Create your own 20 minute workout. Choose a set time and place to complete your routine. Each student must select exercises that they're comfortable with. Write a list of your exercises down on a piece of paper (list should be 5 or more exercises). Your routine should be completed from Monday-Friday for 20 minutes and if possible, email me your list and a 1 minute or less video of your workout. Everyone who sends their list and video will receive a personal SHOUT OUT. Good luck and remember safety first. (Email: oyalston@dcsschool.com)