

**Course : Core Health Periods 1,2,5 & 6**

**Teacher: Mrs. Polochick**

**Week 4 Assignments**

**For the week of: 4/13 - 4/17**

Below you find each assignment I expect to be completed below.

All assignments are explained in detail below in this document. Please email me with any questions.

**All 3 assignments are expected to be complete and turned in on google classroom in the appropriate assignment titled: Week 4 Core Health Work.**

\*\*\*Your copy of the Week 4 Graphic Organizer is included in your week 4 assignment in the "Classwork" section of our Google Classroom. Please utilize that document to record and turn in your work.

### **Guideline from Fairhaven Public Schools:**

We worked hard to ensure that the Learning Plan provides accessibility for all learners. We hope that you see that there are options to engage learners at all levels. *These activities are not intended to replace the normal school day.* **There is now an expectation for students to turn these documents in to your specific educators.** We want you to take time to enjoy family, be safe, stay healthy and find time within this week to engage in learning opportunities. Feel free to create a schedule that works for you and your family. We strongly encourage each student to participate in approximately two hours a day. We want your brain working and challenging yourself, while staying safe and having fun.

**Here is a summary of the assignments I am expecting you to complete and turn in by the end of this week:**

1. This week I will expect you to complete your wellness journal in your copy of the graphic organizer document that is attached to your week 4 classwork assignment in Google Classroom. Please make an entry in your journal every day this week.
2. This week I will expect you to share one idea/tip from each of the 2 Teens Health Articles in the *Google Classroom Week 4 assignment* that you think your classmates would find helpful and/or useful right now by entering your answers into the Week 4 Graphic Organizer.
3. This week I will expect you to give one example for each habit of the 7 Habits of how you can use each of the 7 Habits in your own life over the next week to improve both your relationship with yourself (The Private Victory) and your relationships with other people (The Public Victory) by entering your ideas into the Week 4 Graphic Organizer.

\*\*\*Your copy of the Week 4 Graphic Organizer is included in your week 4 assignment in the "Classwork" section of our Google Classroom.

### **Assignment #1:**

Keep a daily wellness journal utilizing and building on the skills we have already learned about goal setting and self management.

\*\*\*\*Utilize the Graphic Organizer Document found in your week 4 assignment in Google Classroom

1. **Plan your health and fitness goal for the week. Clarify and focus your health and fitness goals for the week.** *Example: I will exercise and eat healthy every day.*
2. **Write down the activities you will accomplish that will let you know you are working towards your weekly goal. Break down goals into smaller, more manageable goals.** *Example: I will exercise for 30 minutes a day and eat 3-5 servings of fruits and veggies a day*
3. **Write down all progress made each day. Track progress towards goals.** *Example: Write down what you have accomplished toward your goal each day*
4. **Write down your specific workouts and food choices etc. Plan future workouts and health enhancing activities.** *Example: I will walk outside for 30 minutes every day this week, I will eat fruit with breakfast and lunch and vegetables with lunch and dinner.*
5. **Record workouts done and healthy choices made.** *Once you have accomplished part of your goal write it down*
6. **Record related non-workout information e.g. sleep, meals, energy levels, mood & overall health.** *Allow space in your journal to keep track of your daily mood, how much sleep you got per night, your daily energy level and how you would rate your overall health on a scale of 1-10.*

**2. Read both articles below by clicking on the links to articles below. This week I will expect you to share one idea from each article in the Google Classroom Week 4 assignment graphic organizer that you think your classmates would find helpful and or useful during this time.** *Optional: share your tips in the class stream to advocate for healthy choices for your classmates*

\*\*\*\*Utilize the Graphic Organizer Document found in your week 4 assignment in Google Classroom

Links to articles:

[Talking to Your Parents, or Other Adults](#)

[Why Do I Fight With My Parents So Much?](#)

Spanish: [Teens Health](#)

**3. Using the provided graphic organizer in your Google Classroom Week 4 assignment give examples of how you can practice working towards the Private Victory and Public Victory by practicing each habit in your daily life.. This week I will expect you to give one example from each Habit of how you can use each of the 7 Habits in your own life over the next week to improve both your relationship with yourself (Private Victory) and your relationships with other people (Public Victory).**

\*\*\*\*Utilize the Graphic Organizer Document found in your week 4 assignment in Google Classroom

For a YouTube Video review of the Private Victory click here: [Private Victory Review](#)

For a YouTube Video review of the Public Victory click here: [Public Victory Review](#)

Link for a YouTube Video review of each of the 7 Habits:

[7 Habits YouTube Videos](#)