

## Secondary (2 Week TimeFrame)

Course/Department: Health

Grade: 8th

\*All assignments that are due should be uploaded onto the assignment postings on our Google Classroom.

<u><b>Week 3</b></u>	<u><b>Day 1</b></u>	<u><b>Day 2</b></u>	<u><b>Day 3</b></u>	<u><b>*(Optional) Weekly Health Practices</b></u>
Week of: May 4-8	<b>Unit 5: Alcohol, Tobacco, &amp; Other Drugs (ATOD)</b>  1. Loom Video from Mrs. Hatch - <i>Basics of Alcohol, Tobacco, &amp; Other Drugs</i> ( <a href="#">link</a> ) * Notes covered in the video can be found here ( <a href="#">link</a> ) 2. Watch "Steps to Addiction" Video ( <a href="#">link</a> ) 3. Assignment: <ul style="list-style-type: none"> <li>ATOD Reflection (<a href="#">link</a>)</li> </ul> Standards: 2.1, 2.2, 2.6, 2.7	<b>Unit 5: Alcohol, Tobacco, &amp; Other Drugs (ATOD)</b>  1. Assignment: <ul style="list-style-type: none"> <li>Begin ATOD Research Worksheet (<a href="#">link</a>). Read the instructions on the worksheet to find the link to the online textbook.</li> </ul> Standards: 2.1, 2.6	<b>Unit 5: Alcohol, Tobacco, &amp; Other Drugs (ATOD)</b>  1. Assignment: <ul style="list-style-type: none"> <li>Finish ATOD Research Worksheet (<a href="#">link</a>)</li> <li>Turn in worksheet on Google Classroom (assignment posted).</li> </ul> Standards: 2.1, 2.6	<b>Mental/Emotional Health:</b> Try this mindfulness practice this week ( <a href="#">link</a> ) <b>Social Health:</b> Send an encouraging note, email, text, or call someone who could use it this week. We're all in this together! <b>Physical Health (Nutrition):</b> 1. Focus on drinking plenty of water this week. Remember...your weight divided by 2 is how many ounces of water you should be drinking. 2. Try making one of these healthy recipes this week ( <a href="#">link</a> ) <b>Physical Health (Fitness):</b> Try this

				at-home yoga workout this week! <a href="#">(link)</a>
<b><u>Week 4</u></b>	<b><u>Day 1</u></b>	<b><u>Day 2</u></b>	<b><u>Day 3</u></b>	<b><u>*(Optional) Weekly Health Practices:</u></b>
Week of: May 11-15	<b>Unit 6: CPR &amp; First Aid</b> 1. Assignment: CPR/First Aid/AED Course- Complete Missions #1-10 <a href="#">(link)</a>  *If you have trouble launching the course, you may skim through this participation manual instead <a href="#">(link)</a> and fill out this CPR course worksheet <a href="#">(link)</a> . Only do this worksheet <i>if the online course does not work</i> . If this is the case, the completed worksheet will serve in place of the course certificate of completion.  Standards: 5.6, 5.7, 5.12	<b>Unit 6: CPR &amp; First Aid</b> 1. Assignment: CPR/First Aid/AED Course- Complete Missions #11-20 <a href="#">(link)</a>  *If you have trouble launching the course, you may skim through this participation manual instead <a href="#">(link)</a> and fill out this CPR course worksheet <a href="#">(link)</a> . Only do this worksheet <i>if the online course does not work</i> . If this is the case, the completed worksheet will serve in place of the course certificate of completion.  Standards: 5.6, 5.7, 5.12	<b>Unit 6: CPR &amp; First Aid</b> 1. Assignment: CPR/First Aid/AED Course- Complete Missions #21-31 <a href="#">(link)</a> 2. Turn in certificate of completion on Google Classroom or email it to Mrs. Hatch (can either download PDF or take a picture).  *If you have trouble launching the course, you may skim through this participation manual instead <a href="#">(link)</a> and fill out this worksheet <a href="#">(link)</a> . Only do this CPR course worksheet <i>if the online course does not work</i> . If this is the case, the completed worksheet will serve in place of the course certificate of completion.	<b>Mental/Emotional Health:</b> Try this mindfulness practice this week <a href="#">(link)</a> <b>Social Health:</b> Send an encouraging note, email, text, or call someone who could use it this week. We're all in this together! <b>Physical Health (Nutrition):</b> 1. Try eating a fruit or vegetable with every meal this week- it's harder than you might think! 2. Try making one of these healthy recipes this week <a href="#">(link)</a> <b>Physical Health (Fitness):</b> Try this 30 exercise challenge this week! <a href="#">(link)</a>

			Standards: 5.6, 5.7, 5.12	
--	--	--	------------------------------	--

\*List of Assignments *due by Friday, May 8:*

- ATOD Reflection ([link](#))
- ATOD Research Worksheet ([link](#))

\*List of Assignments *due by Friday, May 15:*

- CPR/First Aid Certificate of Completion from online course ([link](#)) (must finish all modules to receive certificate) **OR** CPR course worksheet if you were unable to launch course online ([link](#)).

All assignments should be uploaded to the assignment postings on our Google Classroom. If you are having trouble uploading it, please email it to Mrs. Hatch at [hhatch@tkschools.org](mailto:hhatch@tkschools.org). Have a great week, and let me know if you have any questions! Thinking of you and missing you all :)