



Coach Perez's 8th Grade Homework Board

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Welcome to 8th grade Health and PE with Coach Perez. Use this homework board to find out our activities for the day, upcoming assignments/assessments, and important dates/reminders.

Date:	Daily Agenda:	Homework/ Reminders: <i>HW always due the next class period unless otherwise noted.</i>
May 6-June 12	Virtual New Learning For the remainder of the year, for each week, you have Modules that can be completed. There are 5 weeks of New material. Some weeks have 1 or 2 Modules. Please complete them at your own pace.	Activity Tracker EverFi Post Assessment on Welnet Health Projects Social Wellbeing Project
Recovery Period 4/3-4/24	All of these assignments are in SCHOOLOGY in the Recovery folder. Complete the Sleep Log 4, Hydration Log 4, and Nutrition Log 4 on Focused Fitness(Welnet) · See Schoology for instructions.	Sleep Log number 4 Hydration Log number 4



Online Activity Tracker on Schoology

Please complete the Online Activity Tracker each time you exercise. You MUST exercise at least 3 times from April 4th and April 24th. You need to fill in the form once you have completed your exercise.

6,4,2 on Vaping on Schoology

Please read the following article and

complete the 6,4,2 on Vaping.

Nutrition Log
number 4

6,4,2 Vaping
article

Online

Activity Tracker

3/30 to 4/3

All of these assignments are in SCHOOLOGY in the ONLINE LEARNING HPE ASSIGNMENTS folder.

Complete another week of the Activity Tracker. (either print a new copy if you have a printer or make a new chart on your original paper)

-Complete a minimum of 3 days of activity for 60 minutes at a heart rate level of 3.

-Complete a practice fitness test along with your 60 minutes of activity (Options: 10 sprints, 10 pushups, 20 curl ups, 10 second hold of sit and reach, 10 second hold of trunk lift)

-If you DID NOT receive a paper copy of this assignment on Friday 3/13/20, please print a copy from schoology to complete and turn in when we return to school. If you are unable to print, please use your own paper to write up your 3 days of activity using the template on schoology.

-Parents must sign verifying you completed the activities.

Complete the Sleep Log and the Hydration Log on Focused

Sleep Log number 2

Hydration Log number 2

Activity Tracker week 3 with parent
signature

Optional: April 1st - Begin 30 Day
Full Circuit Challenge



	Fitness(Welnet) - See schoology for instructions.	
3/23 to 3/27	<p>All of these assignments are in SCHOOLGY in the ONLINE LEARNING HPE ASSIGNMENTS folder.</p> <p>Complete the second week of the Activity Tracker.</p> <p>-Complete a minimum of 3 days of activity for 60 minutes at a heart rate level of 3.</p> <p>-Complete a practice fitness test along with your 60 minutes of activity (Options: 10 sprints, 10 pushups, 20 curl ups, 10 second hold of sit and reach, 10 second hold of trunk lift)</p> <p>-If you DID NOT receive a paper copy of this assignment on Friday 3/13/20, please print a copy from schoology to complete and turn in when we return to school. If you are unable to print, please use your own paper to write up your 3 days of activity using the template on schoology.</p> <p>-Parents must sign verifying you completed the activities.</p> <p>Complete the Nutrition Project</p> <p>- See schoology for instructions.</p>	<p>Nutrition Project</p> <p>Activity Tracker week 2 with parent signature</p>
3/17 to 3/20	<p>All of these assignments are in SCHOOLGY in the ONLINE LEARNING HPE ASSIGNMENTS folder.</p> <p>Complete the first week of the Activity Tracker.</p> <p>-Complete a minimum of 3 days of activity for 60 minutes at a heart rate level of 3.</p> <p>-Complete a practice fitness test along with your 60 minutes of activity (Options: 10 sprints, 10 pushups, 20 curl ups, 10 second</p>	<p>Nutrition log</p> <p>Activity Tracker week 1 with parent signature</p>



	<p>hold of sit and reach, 10 second hold of trunk lift)</p> <p>-If you DID NOT receive a paper copy of this assignment on Friday 3/13/20, please print a copy from schoology to complete and turn in when we return to school. If you are unable to print, please use your own paper to write up your 3 days of activity using the template on schoology.</p> <p>-Parents must sign verifying you completed the activities.</p> <p>Complete the Nutrition Log on Focused Fitness</p> <p>- See schoology for instructions.</p>	
3/9-3/13	Gym Week	BADMINTON QUIZ IS OPEN,IT WILL CLOSE ON MARCH 15.
3/2-3/6	<p>Badminton Games this week.</p> <p>Continue to study your study guide, your quiz will be open the Week of March 9-15.</p>	<p>Uniform and Athletic Shoes.</p> <p>Water bottle recommended.</p> <p>Study Badminton Study Guide</p>
2/24-2/28	<p>Sports unit begins. We will be starting our Badminton Unit.</p> <p>Please start studying your study guide.</p>	<p>Uniform and Athletic Shoes.</p> <p>Water bottle recommended.</p> <p>Study Badminton Study Guide</p>



2/17 to 2/21	<p>Finishing up our Fitness Unit. Activity Log #2 starts Thursday - Saturday. Login to Clever and click on WelNet. Must have a minimum of 12 hours logged in per day.</p>	<p>Uniform and athletic shoes. Water bottle recommended. Activity Log #2 Due Wed, 2/26</p>
2/10 to 2/14	<p>Back in Fitness with Wright!</p>	<p>Have you uniform and athletic shoes. Water bottle recommended.</p>
2/ 3 TO 2/7	<p>We are in HEALTH room 1104.</p> <p>Monday Day 1: Nervous system quiz. Nervous system annotation due by midnight.</p> <p>Tuesday Day 2: Nervous system quiz. Nervous system annotation due by midnight, Nutrition-Hydration- Sleep Notes.</p> <p>Wednesday Day 1: Nutrition-Hydration- Sleep Notes, Food Label Worksheet.</p> <p>Thursday Day 2: Food label Worksheet, Nutrition webquest.</p> <p>Friday Day 1: Nutrition Webquest.</p>	<p>Monday/Tuesday NERVOUS SYSTEM QUIZ!</p> <p>Monday: Annotation due at midnight!</p> <p>Wednesday/Thursday Nutrition-hydration-sleep notes due in class. Food label WS due in class.</p> <p>Friday: Nutrition Webquest due by midnight if not finished in class.</p>
1/28 to 1/31	<p>WE ARE IN HEALTH ROOM 1104.</p> <p>Tuesday DAY 1: Nervous System lecture and notes</p> <p>Wednesday DAY 2: Nervous System lecture and notes</p> <p>Thursday DAY 1: Nervous System worksheet, nervous system</p>	<p>Nervous system worksheet and annotation due by next class if not finished in class on Thursday/Friday.</p> <p>Nervous system quiz!</p>



	<p>annotation. There will be a nervous system quiz on Monday!</p> <p>Friday DAY 2: Nervous System worksheet, nervous system annotation. There will be a nervous system quiz on Tuesday!</p>	<p>Block 2</p> <p>Monday 2/ 3</p> <p>Block 7</p> <p>Tuesday 2/ 4</p>
<p>1/20 to 1/24</p>	<p>WE ARE IN PE!</p> <p>Quiz is OPEN, you have until Sunday January 26th to take the quiz.</p>	<p>Have shoes and uniform.</p> <p>TAKE YOUR BASKETBALL QUIZ ON SCHOOLGY!</p>
<p>1 /13 to 1/17</p>	<p>WE ARE IN PE!</p> <p>Your Basketball Study guide is on Schoology in the Sports Unit folder under Basketball. This is your last week to study your study guide, it will close soon.</p>	<p>Have your uniform and shoes!</p> <p>Study your basketball study guide!!! QUIZ NEXT WEEK</p>
<p>1 /6 to 1/10</p>	<p>WE ARE IN PE!</p> <p>Your Basketball Study guide is on Schoology in the Sports Unit folder under Basketball. You have 2 weeks (this week and next week) to study and then you will have a quiz the week of January 28-31.</p>	<p>Have your uniform and shoes!</p> <p>Study your basketball study guide.</p> <p>Your class will be choosing Marking Period 3 exercises. Please click on the following link and choose the exercises for each Component of Fitness.</p> <p>https://www.surveymonkey.com/r/HQ</p>



		FRBDZ
12/16 to 12/20	<p>We are in PE!</p> <p>We will be finishing our dance unit this week :)</p> <p>Remember to bring in PE make up forms for days you missed class to earn back your</p> <p>points for that day!</p>	<p>HAVE A</p> <p>WONDERFUL WINTER BREAK- RELAX, SLEEP, EAT LOTS, ENJOY FAMILY, AND WE WILL SEE YOU RECHARGED IN 2020!</p>
12/9 to 12/13	<p>We are in PE- Have your uniform and sneakers.</p> <p>Monday- DAY 1 Signs of Suicide Lesson with Guidance (bring opt out form if not attending)</p> <p>Tuesday- DAY 2 Signs of Suicide Lesson with Guidance (bring opt out form if not attending)</p> <p>Wednesday- DAY 1 Dance</p> <p>Thursday- DAY 2 Dance</p> <p>Friday- DAY 1 Dance</p>	<p>Bring your opt out form in if not attending the signs of suicide lesson.</p> <p>PE next week, have uniform and shoes.</p>
Dec. 2-6	FITNESS w/ WRIGHT	<p>Have uniform and athletic shoes. Water bottle recommended.</p>
Nov. 25-26	FAMILY LIFE EDUCATION	<p>Opt-Out Form ONLY if not participating in this unit</p>
11/11 to 11/15	WE ARE IN HEALTH ROOM 1104!	<p>Assertiveness, managing emotional responses, and peer pressure 6,4,1's</p>



	<p>Monday: Day 2 Life skills portfolio (we will only work on this in class)</p> <p>Tuesday: Day 1 Life skills portfolio (we will only work on this in class)</p> <p>Wednesday Day 2 Life skills portfolio (we will only work on this in class)</p> <p>Thursday: Day 1 Life skills portfolio (we will only work on this in class)</p> <p>Friday: Day 2 Assertiveness 6,4,1- Managing Emotional Responses 6,4,1- Peer Pressure 6,4,1 (ALL DUE BY THE END OF THE DAY FRIDAY 11/15/19)</p>	<p>due by 11:59pm Friday 11/15/19 for BLOCK 7 ONLY. Block 2 already completed this last week.</p> <p>LIFE SKILLS PORTFOLIO DUE BY MONDAY IF IT WAS NOT FINISHED IN CLASS.</p> <p>YOU ARE IN PE NEXT WEEK 11/18-11/22. Have your shoes and uniform.</p>
11/4 to 11/8	<p>WE ARE IN HEALTH ROOM 1104!</p> <p>Monday: Day 2 Life skills portfolio (we will only work on this in class)</p> <p>Tuesday: No school</p> <p>Wednesday Day 1 Life skills portfolio (we will only work on this in class)</p> <p>Thursday: Day 2 Life skills portfolio (we will only work on this in class)</p> <p>Friday: Day 1 Assertiveness 6,4,1- Managing Emotional Responses 6,4,1- Peer Pressure 6,4,1 (ALL DUE BY THE END OF THE DAY FRIDAY 11/8/19)</p>	<p>Assertiveness, Managing Emotional Responses, and Peer Pressure 6,4,1's due by 11:59pm Friday 11/8/19.</p>
Oct. 28 Nov.-1	<p>PE this week.</p>	<p>Sleep and Hydration logs are due Tuesday, October 29 by 8AM</p>



JUST IN CASE YOU NEED TO FINISH YOUR LOGS by TUESDAY OCTOBER 29th! Sleep and Hydration Logs are on Welnet, go to Clever and scroll to the bottom of the screen, Welnet is at the bottom. Click on it and your two logs will be on the dashboard. Both logs need to be completed for Thursday, Friday and Saturday. Count the number of hours you slept each night and

add up the number of ounces of WATER (water ONLY) you drink each day.

Have your uniform and athletic shoes.

10-21-25

PE for the next 2 weeks. You are now in sports. I hope to get some archery in.

Archery study guide is up, start studying. **CANCELLED**

Archery Extra credit is up, if you want to do it.

Archery Project is due November 4th. I will talk about this next week. **CANCELLED**

You will be doing your Hydration log and Sleep log this week (Thursday, Friday and Saturday, October 24-26)

Sleep and Hydration Logs are on Welnet, go to Clever and scroll to the bottom of the screen, Welnet is at the bottom. Click on it and your two logs will be on the dashboard.

Both logs need to be completed for Thursday, Friday and Saturday. Count the number of hours you slept each night and add up the number of ounces of WATER (water ONLY) you drink each day.

Have your uniform and athletic shoes.

Archery Study Guide is on Schoology. You will have a quiz when this unit is over.

CANCELLED

ARCHERY PROJECT IS ON SCHOLOGY, 2 WEEKS TO COMPLETE IT CANCELLED



<p>10/7-11</p>	<p>WE ARE IN PE! DRESS FOR ACTIVITY. Know your locker combination You will be doing Fitness with Mrs. Wright Log into Welnet (www.focusedfitness.org) and put in 3 days (Thurs/Fri/Sat) of activity. 13-15 hours recorded.</p>	<p>Athletic shoes and Uniform Water bottle suggested ACTIVITY LOG #1 - Due 10/16</p>
<p>9/30-10/4</p>	<p>WE ARE IN HEALTH- ROOM 1104.</p> <p>Monday DAY 2: No class Tuesday DAY 1: Tun in FITT notes, and both worksheets. Start Activity diamond project. Wednesday Day 2: FITT notes, 5 components notes WS, FITT/5 comps review WS. Due by the start of class on Friday. Thursday DAY 1: Activity diamond project. Friday DAY 2: Turn in all work from last class. Activity diamond project.</p>	<p>-Activity diamond project Due MONDAY 10/7 even though we are not in health anymore.</p> <p>PE STARTS MONDAY 10/7. HAVE YOUR UNIFORM AND SHOES.</p>
<p>9/23-9/27</p>	<p>WE ARE IN HEALTH- ROOM 1104. DO NOT GO TO THE GYM!</p> <p>Monday DAY 1: Cognitive pre test on focused fitness, height/weight, health intro. Tuesday DAY 2: PICTURE DAY- health intro, personal letter assignment. Wednesday DAY 1: PICTURE DAY- personal letter, family scrapbook. Thursday DAY 2: NWEA TESTING- family scrapbook, 6,4,1's.</p>	<p>-Personal letter due by the end of class.</p> <p>-Family scrapbook due by 9/27 for block 2, and 9/30 for block 7.</p> <p>-FITT Notes, 5 comps worksheet, and FITT/5 comps review WS due 9/30</p>



	Friday DAY 1: FITT guided notes, 5 components of fitness worksheet, FITT and 5 components review worksheet.	for block 2.
	Location: GYM. Need uniforms (grey shirt and blue shorts), sneakers, and a positive attitude. Monday Day 2 and Tuesday Day 1- Sit ups, push ups, and trunk lift	Need uniform and sneakers for participation.
9/16- 9/20	Wednesday Day 2 and Thursday Day 1- Pacer and sit and reach Friday Day 2 and Monday (9/23) Day 1- Cognitive pre assessment in room 1104- NO DRESSING THIS DAY	WE ARE IN HEALTH STARTING MONDAY 9/23/19.
9/9-9/13	Location: Gym! Uniforms, assign lockers and practice opening them, squad lines, turn in paperwork, get to know you activities, check fees, MAYBE dress out on Thursday/Friday.	Pilot letter due Monday Day 1, Tuesday Day 2. Welcome letters are now late! Turn them in ASAP.
9/3-9/6	WELCOME!!! Syllabus, class expectations, pe uniforms, check fees, get to know you handshakes.	Bring in signed syllabus Thursday Day 1, Friday Day 2