

Physical Education Week 1 March 30 - April 3

Coach Haddon's AMI Day 1 (March 30th)

Physical Education Lesson Plan Day 1

Write at least one detailed paragraph on the question/topic.

- Define physical fitness. What do you think it means to be physically fit? Name three ways that a person can maintain physical fitness.

Coach Haddon's AMI Day 2 (March 31st)

Physical Education Lesson Plan Day 2

Write at least one detailed paragraph on the question/topic.

- Analyze your daily lifestyle and comment on changes you could implement to remove or reduce stress and improve your overall health.

Coach Haddon's AMI Day 3 (April 1st)

Physical Education Lesson Plan Day 3

Write at least one detailed paragraph on the question/topic.

- Describe how your culture, family, friends, schedule, etc., influence your eating habits. Point out the good points and the bad. What changes should you make in your eating habits?

Coach Haddon's AMI Day 4 (April 2nd)

Physical Education Lesson Play Day 4

Write at least one detailed paragraph on the question/topic.

- How can training improve your performance in your sport or your fitness?

Coach Haddon's AMI Day 5 (April 3rd)

Physical Education Lesson Plan Day 5

Write at least one detailed paragraph on the question/topic.

- What do you think it means to be part of a team? Give three different points.