

Monday, March 30, 2020

Well, welcome to Health Class - COVID-19 Edition. I know this is all new to us and we may struggle with some things, but I promise you that we'll get it through it together.

First of all, I want you to know that if you have any problems, questions, concerns, PLEASE contact me! The best way is by email. Please use this email: ayersj@mail.orrville.k12.oh.us. If you don't have access to the internet, you may call and leave me a message at my office at the high school. The phone number is 330-682-4661 and my extension is 2062. I will be in my office Monday-Friday 8:00am-9:00am. I cannot access my voicemail from home so I won't get any messages until the morning when I get to my office. Remember we are on spring break April 6-10 so I won't be in my office that week.

Second, if you have the internet, you should have received an email inviting you to my Google Classroom. This is how we will have class. All assignments will be posted here and you can submit completed assignments here as well. If you do not have the internet, everything you need will be in the packet you pick up from the school. Instructions will follow on how to return assignments.

Third, I know you'll have a lot of work for your other classes so I won't be giving you a lot to do, maybe 15-20 minutes a day. Please get your work done and returned. I will give you dates things need to be turned in by. Feel free to work ahead if you like.

Lastly, I know this is a crazy time for us all. No one alive has been through something like this so everything is new. I want to help you anyway I can so please let me know if there is ANYTHING I can do to help you, even with things not related to my class. Just get a message to me.

Sincerely,
Mr. Ayers

Assignment #1

* Required

1. Email address *

2. Name *

3. What is something you're good at (i.e. singing, drawing, Fortnite, basketball, etc.)? *

4. What is something you're not very good at that you wish you were good at? *

5. What is something you like about your body or the way you look? *

6. What is something you don't like about your body or the way you look? *

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Assignment #2

There are 4 parts to health: physical, emotional, mental, and social.

Physical - deals with your body

Emotional - is the way you recognize and deal with your feelings

Mental - is the way that you cope with the demands of daily life

Social - is the way you interact with other people

Chapter 1 Lesson 1 Wellness and Your Health

A Physical Part of Health

- **Taking Care of Your Physical Health** The following suggestions are ways to take care of your body and to maintain your physical health:
 1. Get 8 hours of sleep every night.
 2. Eat nutritious food and a balanced diet.
 3. Get plenty of exercise.
 4. Practice good hygiene.
 5. Avoid drugs, alcohol, and tobacco.

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Chapter 1 Lesson 1 Wellness and Your Health

The Emotional Part of Health

- **Taking Care of Your Emotional Health** To maintain your emotional health, you should try the following suggestions:
 1. Express your emotions in words rather than acting them out.
 2. Accept your strengths and weaknesses.
 3. Deal with sadness appropriately and in a timely manner.

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Chapter 1

Lesson 1 Wellness and Your Health

The Mental Part of Health

- **Signs That You Are Mentally Healthy** Being mentally healthy means that you can:
 1. recognize and deal with stress in a positive way
 2. accept new ideas
 3. effectively solve problems

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Chapter 1

Lesson 1 Wellness and Your Health

The Social Part of Health

- **Improving Your Social Health** Ways to improve your social skills include the following:
 1. being considerate of other people
 2. showing respect to others
 3. being dependable
 4. supporting people you care about when they make the right choices

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The Social Part of Health

- Improving Your Social Health Ways to improve your social skills include the following:
 5. expressing your true feelings
 6. imagining how you would feel if you were in another person's place
 7. asking for help when you need it

Create a new document and tell me:

1. What you currently do to practice each of the 4 parts of health.
2. What you could do better to improve in each of the 4 parts of health.

Share it with me or email it to me. ayersj@mail.orville.k12.oh.us Or return it to the bin at the school.

Assignment #3

There are 5 areas that make up physical fitness.

Chapter 6 Lesson 1 Components of Physical Fitness

Muscular Strength

- **What Is Muscular Strength?** The amount of force muscles apply when they are used is called muscular strength.
- **Measuring Muscular Strength** Muscular strength can be measured as the amount of weight you can lift. Strong muscles support bones and joints.

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Chapter 6 Lesson 1 Components of Physical Fitness

Muscular Endurance

- **What Is Muscular Endurance?** Muscular endurance is the ability to use a group of muscles over and over without getting tired easily.
- **Difference Between Strength and Endurance** Muscular strength lets you lift something heavy. Muscular endurance lets you lift it over and over again.

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Cardiorespiratory Endurance

- **What Is Cardiorespiratory Endurance?**
Cardiorespiratory endurance is the ability of your heart and lungs to work efficiently during physical activity.
- **Measuring Cardiorespiratory Endurance**
Recovery time is how long it takes your heart rate to return to resting heart rate (RHR) after activity. You can use RHR and recovery time to measure your cardiorespiratory endurance.

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Body Composition

- **What Is Body Composition?** Body composition compares the weight of fat in your body to the weight of your bones, muscles, and organs.
- **Achieving Good Body Composition** Activity and good nutrition are the keys to good body composition. If you get regular physical activity, you can have good body composition.

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Flexibility

- **What Is Flexibility?** Flexibility is the ability to use joints easily.
- **Staying Flexible** To stay flexible, you need to lengthen the tissues around a joint, especially the muscles. Regular physical activity is usually enough to stay flexible.

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Start a new document. Pick one of these parts of physical fitness you want to improve in, but pick just one. Come up with a plan for one week of what you're going to do to achieve this goal. Do some research and find activities, exercises, or stretches that would help you reach your goal. Tell me how often you'll do this during the week, for how long each time, and how many times you'll do it.

Here's an example:

Area to improve: muscular endurance

Three times during the week, I will do as many burpies as I can for 3 minutes, then rest for 3 minutes. I'll do this 5 times each day.

Share your plan with me through email or turning into the bin at the school.

Assignment #4

Start a new document. Come up with menus for three different meals. One meal is your favorite meal at your favorite fast food restaurant. The second is your favorite family meal that one of your parents, grandparents, etc. cooks. The third is what you think a very healthy meal would be. List EVERYTHING that you would put into your mouth for that meal - drinks, desserts, EVERYTHING!

Then for each item on all of the menus, look up how many calories are in that item. Then total each meal up to see the total number of calories you'd consume in that meal.

Example:

Family meal -

Homemade spaghetti sauce - 1 cup has 186 cal.

Homemade meatballs - 2 meatballs has 516 cal.

Pasta - 200 cal.

Garlic bread - 2 slices has 320 cal.

Milk - 1 glass of skim has 80 cal.

Apple pie - 1 piece has 410 cal.

Total Calories in this meal = 1392 calories

Do this for all 3 meals.

Just so you have an idea of how many calories you should be consuming a day -
Average teenage boys need 2800 calories a day
Average teenage girls need 2200 calories a day

Share this with me or turn it into bin at the school.

Assignment #5

* Required

1. Name *

2. What does the word "stress" mean to you? *

3. What are 5 things that cause you stress? *

4. How do you know you're stressed (What is happening to your body? What would someone watching you see? What are you feeling?) *

5. To deal with stress, we should take at least 20 minutes a day to do something we enjoy, doesn't cause us stress, and gives us a chance to relax and unwind. What are 3 things that YOU do to relax? *

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Assignment #6 - DO NOT DO UNTIL WEEK OF APRIL 27TH!!!

* Required

1. What is the total number of confirmed cases of COVID-19 in the world? *

2. What is the total number of confirmed cases of COVID-19 in the US? *

3. What is the total number of confirmed cases of COVID-19 in Ohio? *

4. What is the total number of confirmed cases of COVID-19 in Wayne County? *

5. How does Ohio compare with other states? Did we do a better job at controlling this than other states? *

6. What have you learned about diseases and how they work, spread, cause panic, cause death, infect people, etc. while living through this point in history? *

7. What has been the hardest part of staying at home all this time? *

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