

H-PE PLANS MAY 4-8

Course	Teacher	Instructions	Additional Enrichment
**All Health and PE assignments/materials are found in the google drive link below			
https://drive.google.com/open?id=1CxYRtrrAucFo2xpRq3nqCQBoulypv85r			
**All assignments will be submitted via email to your teacher.			
Health	Dell, Porter, Whitehart	Students will complete Nutrition Packet	PowerPoint, YouTube
Personal Fitness	Stucky	Students will complete the Weekly "PE at Home" Log which will be due Wednesday, our Elective Telelearning Day	Create your own workout and tell us about it at the bottom of your "PE at Home" Log!
Weight Training	Porter, Reaves		
All other PE classes	Dell, Reaves, Whitehart		
			Centr, Myfitnesspal