

## *Five day Lesson Plans for P.E./Health Department*

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### 9<sup>th</sup> & 10<sup>th</sup> Grade Health/P.E. Classes

1. Research at least three drug addiction treatment programs in the community and one alternative school for drug abuser. Find out the following information for each program you research: the program's name, telephone number, address, available services, and area of specialization.
2. After learning about the process of drug addiction how would you help a friend or family member recover from their addiction. Explain what you would do for each step (Abuse/Use, Tolerance, Dependence, and Addiction). Your response must be a minimum of six paragraphs.
3. Swine Flu –
  1. List all know symptoms of the Swine Flu.
  2. List how you can protect yourself from contracting the Swine Flu.
  3. If you should contract the Swine Flu or show symptoms what should you do?

### Total Body Conditioning Classes

1. Perform your routine weight training program on Monday, Wednesday and Friday. On Tuesday and Thursday perform your routine cardiovascular activity. Make sure to include stretching on all five days. Record your activities and report back to your teacher.

### Yoga Project – choose one of the two options

1. Prepare to teach the class for 10 minutes. You must provide your teacher with an outline of at least 12 poses that will be included in your lesson.
2. Write a 2 page report on what you have learned in Yoga or Self-Defense. This report will be presented to the class. You must also include a visual representation (i.e. poster).