

8th Grade PE/Health Pacing

Week 1	Monday 3/23	Tuesday 3/24	Wednesday 3/25	Thursday 3/26	Friday 3/27
Mr. Nowak's-- quarantine boot camp/ Nutrition	<p>Eat right and fill out the nutrition tracker, Boot Camp Workout: 7 Push ups 20 crunches 20 second Plank 15 squats 30 Jumping Jacks 20 Bicycle Crunches 10 second Wall sit</p> <p>Nutrition: Your Assignment #1: Let's start by seeing how healthy you're eating habits are right now. Answer honestly on the "How Healthy are You Eating Survey". You will not be graded on how healthy you are eating, rather you will be graded on if you completed the survey.</p>	<p>Eat right and fill out the nutrition tracker, Boot Camp Workout: 7 Push ups 20 crunches 20 second Plank 15 squats 30 Jumping Jacks 20 Bicycle Crunches 10 second Wall sit</p>	<p>Eat right and fill out the nutrition tracker, Boot Camp Workout: 10 Push ups 26 crunches 25 second Plank 17 squats 35 Jumping Jacks 25 Bicycle Crunches 15 second Wall sit</p> <p>Your Assignment #2: You will not be graded on how much water you drink, but rather on your efforts to <u>bring a water bottle with you</u> wherever you go during the day for the next 10 days, and on if you fill out the check off sheet. This is an example of how to fill out your water sheet. For this example, you would have drank two 17 ounce water bottles on Day 1 for a total of 34 ounces.</p> <p>Be sure to fill out the one page "Drinking Water Reflection Sheet" after you have gone for 10 days drinking your water.</p>	<p>Eat right and fill out the nutrition tracker, Boot Camp Workout: 10 Push ups 26 crunches 25 second Plank 17squats 35 Jumping Jacks 25 Bicycle Crunches 15 second Wall sit</p>	<p>Eat right and fill out the nutrition tracker, Boot Camp Workout: 10 Push ups 26 crunches 25 second Plank 17squats 35 Jumping Jacks 25 Bicycle Crunches 15 second Wall sit</p> <p>Nutrition: Your Assignment #3: Using a calculator, use the formula on "Nutrition Formulas Worksheet" to how many calories you should eat per day.</p>
	Week 2	Monday 3/30	Tuesday 3/31	Wednesday 4/1	Thursday 4/2
Mr. Nowak's	Eat right and fill out the nutrition tracker,	Eat right and fill out the nutrition tracker,	Eat right and fill out the nutrition tracker,	Eat right and fill out the nutrition tracker,	Eat right and fill out the nutrition tracker,

<p>Quarantine Bootcamp/ Nutrition</p>	<p>Boot Camp Workout: 12 Push ups 33 crunches 30 second Plank 20 squats 40 Jumping Jacks 30 Bicycle Crunches 20 second Wall sit</p> <p>Nutrition: <u>Your Assignment for #4:</u> For your next assignment, you will help a guy named "Joe" cut 500 calories a day so he can lose 1 lb. per week.</p>	<p>Boot Camp Workout: 12 Push ups 33 crunches 30 second Plank 20 squats 40 Jumping Jacks 30 Bicycle Crunches 20 second Wall sit</p>	<p>Boot Camp Workout: 15 Push ups 40 crunches 35 second Plank 24 squats 50 Jumping Jacks 35 Bicycle Crunches 25 second Wall sit</p> <p>Nutrition: <u>Your Assignment #32:</u> For your Fast Food Restaurant Poster you will make a poster showing healthy versus unhealthy food items in a fast food restaurant. There is a menu included in these notes, but if you want to look up a different or favorite restaurant</p>	<p>Boot Camp Workout: 15 Push ups 40 crunches 35 second Plank 24 squats 50 Jumping Jacks 35 Bicycle Crunches 25 second Wall sit</p>	<p>Boot Camp Workout: 18 Push ups 50 crunches 40 second Plank 30 squats 75 Jumping Jacks 40 Bicycle Crunches 30 second Wall sit</p> <p>Nutrition: Continue Fast Food Poster Healthy vs Unhealthy</p>
<p>Week 3</p>	<p>Monday 4/6</p>	<p>Tuesday 4/7</p>	<p>Wednesday 4/8</p>	<p>Thursday 4/9</p>	<p>Friday 4/10</p>
<p>Mr. Nowak's Bootcamp Quarantine/ Nutrition</p>	<p>Eat right and fill out the nutrition tracker, Boot Camp Workout: 18 Push ups 50 crunches 40 second Plank 30 squats 75 Jumping Jacks 40 Bicycle Crunches 30 second Wall sit</p>	<p>Eat right and fill out the nutrition tracker, Boot Camp Workout: 20 Push ups 57 crunches 50 second Plank 40 squats 90 Jumping Jacks 46 Bicycle Crunches 35 second Wall sit</p> <p>Nutrition: Due Date for Healthy vs Unhealthy Poster</p>	<p>Eat right and fill out the nutrition tracker, Boot Camp Workout: 20 Push ups 57 crunches 50 second Plank 40 squats 90 Jumping Jacks 46 Bicycle Crunches 35 second Wall sit</p>	<p>SPRING BREAK</p>	<p>SPRING BREAK</p>