

# ST LEOS SCHOOL Health

Hello St. Leo's School students it's your one and only PE teacher here Mr. T bringing your weekly physical activity and assignments. I miss you guys so much and hope that you are all doing well!!!

## 1<sup>st</sup> – 3<sup>rd</sup>

Please watch use video below to answer the following questions.

[ataboadela@steleosschool.org](mailto:ataboadela@steleosschool.org).

[https://www.youtube.com/watch?v=2PFWpd\\_pxm8](https://www.youtube.com/watch?v=2PFWpd_pxm8)

- A) Is laughing good for your heart?
- B) How many times does your heartbeat per day?
- C) How many gallons of blood does your heart pump per day?
- D) If you could stretch all your blood vessel out how far could they go?



## GRADES 4<sup>th</sup> – 8<sup>th</sup>

Please watch the video below on hygiene and complete the assignment.

<https://www.youtube.com/watch?v=iXWbecngX7c>



Hello, my awesome students, above you have watched the video about hygiene. Now you are going to come up with an action plan on how we plan on changing some of the bad hygiene habits we might have. If nothing in the video applies to you, you must find one by researching it. All answers must be emailed to me at [ataboadela@steleosschool.org](mailto:ataboadela@steleosschool.org).

- A) List 3 things you learned within the video.
- B) List what bad hygiene practices you partake in.
- C) Come up with a solution to solving these problems.
- D) What did you take away from this assignment?

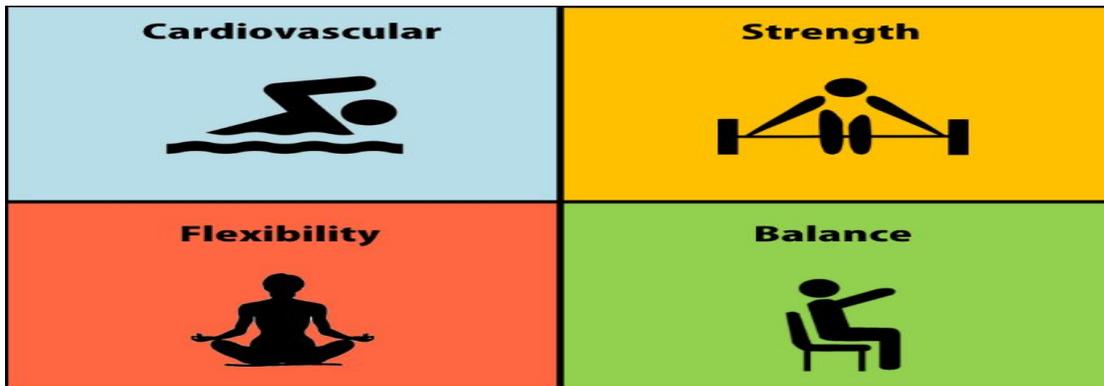
**BONUS\*** Tell me one physical activity or health related activity that you have taken part of this week!

# ST LEOS SCHOOL PE

## Pre k – 3<sup>rd</sup>

Watch the workout video and follow along! After the video is completely take your heartrate for 1 minute using one of the two places, I showed you where to find your heart rate. Email me with your results!!! [ataboadela@stleosschool.org](mailto:ataboadela@stleosschool.org)

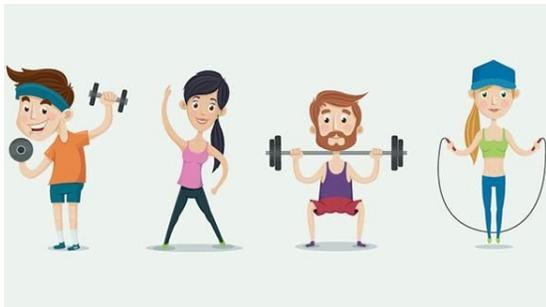
[https://www.youtube.com/watch?v=t8e4Xtr5\\_W0](https://www.youtube.com/watch?v=t8e4Xtr5_W0)



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<https://www.youtube.com/watch?v=ieyzL5OaPZk>



- Take your heartrate for 1 minute
- What exercise did you like and what exercise did you dislike?
  - Bonus:** Try and figure out at what percentage your heart is working using your maximum heart rate! Remember  $220 - \text{your age} = \text{maximum heart rate}$ .

