

Cyber Wellness Education

Welcome to Cyber Wellness Education. The idea of this course is to get you to incorporate physical activity into your daily life as well as develop healthier eating habits. During this class you will document and take pictures of your physical activity. You are striving for a healthier lifestyle throughout the school year, workout longer and harder as well as incorporating a balanced diet. Below you will read about how to turn in your work. If you have any questions at any time please contact me at ccoennen@freedomarea.org.

You will submit a Google Slide or PowerPoint presentation to me via Google Classroom (ccoennen@freedomarea.org) twice per nine weeks using the group code **y54fwpz**. Your workouts should last a minimum of 60 minutes and you will need to prove that you worked the entire time. This is actually a shorter time than you would have in a traditional physical education class. If you fail to show that you worked out for the required time you will not receive credit for that day. You are expected to work out one time per red/white day. You can complete more workouts than the minimum. This project will include (but is not limited to) the following:

- Date of your workout
- Pictures of your work out (with you in it)
 - Show your distance and time if you completed cardio
 - If you used machine or free weights show them
 - If you played a sport (basketball etc) take a picture.
 - **YOUR SCHOOL OR CLUB SPORT, ACTIVITY, OR WORK DOES NOT COUNT AS YOUR ACTIVITY!**
- Documentation of your work out
 - What exactly did you do?
 - How far or long did cardio last?
 - How many sets, reps and weight did you move?
 - How long did you play?

Your projects will include three healthy lifestyle examples as well. You will make two meals or a snacks with a healthy take on it during the project period. These healthy takes will be made for your household and the following must be included in your presentation.

- Date of your healthy take
- Recipe you utilized
 - The actual recipe
 - An explanation of why it is healthier
 - You will also compare it to an unhealthy recipe for the same type of food
- Pictures of you making the food
- At least two peoples feedback on the food

Each project has a due date. If the assignment is turned in late you will be deducted 50% of the grade as per school policy. I will accept late work up to five school days as per school policy. After five school days you will not receive any credit for your work. It is your responsibility to turn in this work on time every time. All work is to be turned in on Google Classroom. The following dates are when each project is due:

- September 25, 2020 (Only have to show 6 workouts and 2 healthy take)
- October 30, 2020 (Must show 7 workouts and 3 healthy takes)
- December 4, 2020 (Must show 7 workouts and 3 healthy takes)
- January 19, 2021 (Must show 7 workouts and 3 healthy takes)
- February 26, 2021 (Must show 7 workouts and 3 healthy takes)
- March 23, 2021 (Must show 7 workouts and 3 healthy takes)
- April 28, 2021 (Must show 7 workouts and 3 healthy takes)
- SENIORS ONLY May 20, 2021
- May 27, 2021 (Must show 7 workouts and 3 healthy takes)

Please pay close attention to the due dates. They will not be adjusted if we have snow days, these are the due dates regardless. Anytime you have questions please do not hesitate to come see me or contact me at ccoennen@freedomarea.org. I hope that you enjoy your experience in this class and you benefit physically from it.

Good Luck,

Mr. Coennen

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