**Health Assignments 1st semester 2025-26**

**Monday-August 4:** No school

**Tuesday August 5:** Review of expectations and how to access syllabus

**Wednesday August 6:** same as previous day

**Thursday: August 7th:**

1. Dimensions of Health video: <https://www.youtube.com/watch?v=ijpvLaArBBI>
2. Dimensions of Health brochure: complete title page & one of the pages for the dimensions

**Instructions:** Using the paper provided by coach, create and fill in brochure. The following should be included. For full credit be sure to follow the guidelines and include subheadings to make your brochure flows well.

1.**Title Page**: name, title of brochure, relevant image, class period-**20pts**

2.Each dimension of health should have its own page with the following

a. heading

B. detailed **description** in your own words: **at least 2 complete sentences**

C.3 **healthy choices** for the specific dimension of health (include things you might do personally)

D. One relevant image

(**60 pts: 20 per dimension)**

3.On the back 5-7 sentence summary explaining the relationship between all of the dimensions of health **(20pts)**