Coach Mitchell Distance Learning Health Assignments

Students are to do 1 health related article per week. The Students are to submit this article to

mitchke@boe.richmond.k12.ga.us. The article has to be no specific length, just relating to health and health related activities.

Coach Mitchell’s Distance Learning Personal Fitness Assignments

Students are to keep an exercise log for the week. List all physical related activities for the week. At the end of the week submit the log to mitchke@boe.richmond.k12.ga.us.