

Health AHL Schedule

Students: The goal of your at home learning will be to apply prior health knowledge to our current situations. Every day that we would have had class you need to check Classroom. I will post an intro video, an agenda, and the documents that you need for that class. You are expected to complete the work by the next class period.

Day One:

Friday, March 20th

Topic: Stress, Anxiety, and Coping

Work Due: Monday 3/23 by midnight

Day Two:

Tuesday, March 24rd

Topic: Sleep

Work Due: Wednesday 3/25 at midnight

Day Three:

Thursday, March 26th

Topic: Sexual Health

Work Due: Sunday 3/29 by midnight

[Birth Control Lesson](#)

[Condoms and Barriers Lesson](#)

[Consent Lesson](#)

Day Four:

Monday, March 30th

Topic: At Home Exercise Plan

Work Due: Tuesday 3/31 by midnight

Day Five:

Wednesday, April 1st

Topic: Stay-at-home Nutrition and Meal Planning

Work Due: Thursday April 2nd by midnight

Day Six:

Friday, April 3rd

Topic: Immune System and Communicable Diseases

Work Due: Sunday April 5th by midnight