

## 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:**

Thursday, March 19th

Topic: Stress, Anxiety, and Coping

Work Due: Sunday 3/22 by midnight

### **Day Two:**

Monday, March 23rd

Topic: Sleep

Work Due: Tuesday 3/24 at midnight

### **Day Three:**

Wednesday, March 25th

Topic: Sexual Health

Work Due: Thursday 3/26 by midnight

[Birth Control Lesson](#)

[Condoms and Barriers Lesson](#)

[Consent Lesson](#)

### **Day Four:**

Friday, March 27th

Topic: At Home Exercise Plan

Work Due: Monday 3/30 by midnight

### **Day Five:**

Tuesday, March 31st

Topic: Stay-at-home Nutrition and Meal Planning

Work Due: Wednesday April 1st by midnight

### **Day Six:**

Thursday, April 2nd

Topic: Immune System and Communicable Diseases

Work Due: Sunday April 5th by midnight