

OAKLAND CUSD #5

HS HEALTH

APRIL 20-24, 2020

BRIAN ANDERSON

Week of April 20-24, 2020

Mr. Anderson High School Health

Please pick 1 of the 3 activities to do for the week. Please submit to my email or if you don't have access or feel comfortable sharing electronically, you may turn in the assignment to the homework box located in the Lake Crest foyer. I'm really excited to see what you are doing, feel free to share a little note and let me know what you've been up to. Miss all of you, STAY SAFE.

My email is brian.anderson@oakland5.org. My phone number is 217-218-5420, if you have any questions, do not hesitate to call. Like I mentioned earlier, assignments may be turned in to the homework box in the Lake Crest foyer, if they are not emailed. My office hours are 10am-Noon but feel free to call/email anytime outside of those hours as well & I will get back with you as soon as possible.

Class	Choice 1	Choice 2	Choice 3 (Enrichment)
High School Health	<p>Pick a musician (doesn't have to be from this list). Research their life, demise, habits. Explain to me how their story relates to Health class. Listen to 1 of their songs & let me know which song you listened to. Why did you pick them?</p> <p>(Kurt Cobain, Eazy E, Amy Winehouse, Jimi Hendrix, Dave Navarro, Chester Bennington, Janis Joplin, Bob Marley, Freddie Mercury)</p> <p>*Read the article *Write a ¾ to 1 page summary on what you learned from</p> <p>*Email finished product to me or if handwritten, turn in to the Lake Crest foyer</p>	<p>Pick a celebrity actor/actress (doesn't have to be from this list). Research their life, demise, habits. Explain to me how their story relates to Health class. Explain why you picked them.</p> <p>(Charlie Sheen, Heath Ledger, Paul Walker, Chris Farley, Marilyn Monroe, Bruce Lee, Cory Monteith, Bill Cosby)</p> <p>*Read the article *Write a ¾ to 1 page summary on what you learned from the article.</p> <p>*Email finished product to me or if handwritten, turn in to the Lake Crest foyer.</p>	<p>Work on your mental Health. (JOURNALING)</p> <p>*Write about the happiest moment in your life (keep it clean, school appropriate). Explain your emotions in depth, why you were so happy, was there empathy (look it up, if you don't know what it means) from others. Can't wait to hear your stories.</p>