

The 9th Grade Health Book PE Assignments

MONTH 1:

(1) Read The Benefits of Fitness, pages 337 through 341.

(2) Answer questions 1 through 7 on page 341. **(TYPE THIS!)** Your answers will be graded based on correctness and quality. You don't need to write really long answers, but your answers need enough good information to fully answer the questions in a thoughtful way. In other words, take it seriously and put your best effort into it. You will then earn a good grade and also learn important things. *(Note: you do not have to do the last part of question 7, "Compare ... with ... other class members," since we do not have a weekly class time.)*