 

Health and Physical Education

Grade 9

Final Project: 20% of Overall Mark!!!

Choose 3 topics that we have covered this semester. Create a series of journal entries. *Within your journal entries provide an overview of what you have learned* **and** **a personal reflection on each topic. So, in other words explain what you have learned and then tell me how you are going to apply this to your life**. Please keep in mind that this is in place of an exam and will be **worth 20% of your overall grade.** Be as creative as you would like with your entries.

There is no word count or length to write. Make sure it is good quality. (However should be close to a page length each) HAVE SOMEONE PROOFREAD IT!

**The topics we covered are:**  Wellness; Setting and Reaching Fitness Goals; Nutrition; Drug Use and Abuse; STI’s, and you can write on Tobacco. (All notes are online for reference. Please make sure it is your own words not mine.)

*DUE: Friday June 7, 2019 or before*

**Typed and printed off please (do not email)**

***\*\*make sure you relate it to your life, how you have used this information or how you plan to use what you have learned!!!***

