

PE / Health

30/40

Ms. Grimolfson



PE 30/40 students:

I hope this is finding everyone well and please be safe over the next couple of weeks. Due to the nature of the Phys. Ed. 30/40 course, this will be the only package you will need to pick up for the next three weeks (March 23rd, 2020 – April 10th, 2020). I hope you are able to find ways to be physically active within your own home (ideas included in this package) and you enjoy a week off during spring break. We will see you all soon!

Lisa Grimolfson


PE 30/40 Ms. Grimolfson

During student's time away from school, students will be expected to continue with their 75 hours of Physical Activity, as well as complete health assignments. Students need to be completing at least 1 hour of physical activity a day in order to keep up with their hours.

How does a student receive their work?

Students can arrange for picking up a package of work at the school.

Students can find all health assignments and a copy of the **physical activity log** on my website at lgrimolfsonpe.weebly.com If you do not have a printer, students can write out the questions/charts on a piece of paper and answer all questions by pencil or pen.

I have also set up a Microsoft Teams  group that I have added each student to. Students can download the app on their phone. They will need to use their student email address to log in, which will be their first.lastname@stu.sunrisesd.ca and their password is the same password they use to log in to the computer at school. Teams can be accessed online as well. Go to <https://www.office.com/> and click on Sign In. Use the same login information as stated above for the app. Once logged in, click on the Teams icon. On this app students will be able to see assignments, the physical activity log as well as they can text me through this app if they have any questions or concerns about an assignment.

How does a student turn in work?

- Students can email me completed assignments by scanning or taking a photo of the assignment and sending it to lgrimolfson@sunrisesd.ca
- Students or parents can drop the completed assignments off at the office.
- Students can take a photo of the assignment completed and send it to me through text.

Ways to contact Ms. Grimolfson

Email: lgrimolfson@sunrisesd.ca

Phone at school: 204-367-2296

Text: through the Microsoft TEAMS app

Phone or text at home: 431-803-5655

Inside the timetable students:

If students missed March 16-19th they will need to make up the hours that they missed. For each day the student missed they will have to complete 1 hour of physical activity on top of the hours needed to be completed during the 2 weeks away from school. In total, on Monday, April 13th these students should hand in a total of 13 hours. **If students were present every day between March 16-19th**, students will owe 9 hours of physical activity. **Students who have missed prior classes should try to make up these hours during spring break. Physical activity logs require a parent/guardians signature at the bottom of each completed sheet.**

Outside the timetable students:

These students are all at different stages as they are working on phys. Ed outside the timetable at their own pace. A lot of students have not come to see me about their hours or assignments. Students will need to complete 1 hour of physical activity daily and they should have assignments #1-3 completed. As some students have not attended any meetings, I am unsure about what assignment they are working on. Attached is assignment #4 for all students to complete. If students have not completed #1-3, please complete #4 and send me an email or note and I can attached required assignments with the next package. Students should have at least 25 hours of physical activity logged at this point.

List of Physical Activities that can be done at home:

Housework: vacuum, sweep, clean/organize, etc.

Yardwork: Shovel, Snow blow the driveway, if the snow melts; rake the leaves, etc.

Outside play: Build a snow fort, snowshoeing, cross country skiing, hiking, ice fishing, skating, road hockey, snowmobiling, etc.

Workout: Download Nike Training App, follow along with you tube workout videos, workout using equipment or no equipment (push ups/ sit ups/ squats/ lunges, etc.) , if no access to equipment use objects around your house as resistance (ex. Fill empty milk jugs with water and use those as weights.). Go for a walk, run, jog or create your own workout circuit.