Grade 11

PE / Health 30/40

Ms. Grimolfson

Tuesday, April 28 – Monday, May 11 Package

PE 30/40 students:

I hope this is finding everyone well and you are being safe and staying healthy. Please ensure you are trying your best to be physically active at least 30 minutes a day! I know it helps me feel good and it makes my mind feel clear to be able to work the rest of the day! Please ensure you are eating healthy foods and trying to stay on top of your health assignments! If you need help, don't hesitate to contact me.

Ms. Grimolfson

Follow me on Instagram @lgrimolfsonpe for daily physical activity challenges to help motivate you!

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 and completing a health assignment every other week.

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?

- PREFER** Students can email me completed assignments and completed physical activity logs by scanning or taking a photo of the assignment and sending it to lgrimolfson@sunrisesd.ca

*To scan a document on iphone, go to notes, Click new note (square with a pen symbol, bottom right corner of screen) then click the camera button and scan documents.

- PREFER** Students can take a photo or scan of the assignment or physical activity log completed and send it to me through text.
- Students or parents can drop the completed assignments off at the front entrance.

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

Follow me on Instagram @lgrimolfsonpe for daily physical activity challenges to help motivate you!

Inside the timetable students:

Students will have to finish completing **75 hours of physical activity** and all **7 health assignments.** Depending on your absences during the school year your number of hours that you need to complete will vary. You should be completing **1 hour of physical activity a day** in order to be on track to passing this course. Some students have not completed all health assignments up to date yet either. In order to pass this course all 7 assignments need to be completed.

Outside the timetable students:

These students are all at different stages as they have been working on phys. Ed outside the timetable at their own pace. Students are required to complete 75 hours of physical activity by May 29th and all 7 health assignments. I will continue to attach the next health assignment in case some of the students do not have access to a computer at home. Please send me a message if you are in need of assignment #1-3.

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.

May 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		April 28 **New package** 1 hour of Physical activity	April 29 1 hour of Physical activity Work on Health Assignment #6 for 1 hour	April 30 1 hour of Physical activity Work on Health Assignment #6 for 1 hour	1 1 hour of Physical activity	2
3	4 1 hour of Physical activity .	5 1 hour of Physical activity	6 1 hour of Physical activity	7 1 hour of Physical activity	8 1 hour of Physical activity	9
10	11 1 hour of Physical activity Physical Activity Hours completed and Health Assignment #6 due tomorrow	12 **New package** 1 hour of Physical activity	13 1 hour of Physical activity Work on Health Assignment #7 for 1 hour	14 1 hour of Physical activity Work on Health Assignment #7 for 1 hour	15 1 hour of Physical activity	16
17	18 1 hour of Physical activity	19 1 hour of Physical activity	20 1 hour of Physical activity	21 1 hour of Physical activity	22 1 hour of Physical activity	23
24	25 1 hour of Physical activity	26 **New package** 1 hour of Physical activity	27 1 hour of Physical activity	28 1 hour of Physical activity	29 1 hour of Physical activity	30
31						

owerview Athletics

Name: _____

Powerview School Physical Activity Log

Date	Physical Activity	Physical Activity Time	Health Related Physical Component
	Total Time:		

I _____ do hereby certify and acknowledge that my son/daughter has participated in these physical activities and has accurately recorded participation.

* Please have a parent/guardian sign when page is full *

Powerview Athletics

Name: _____

Powerview School Physical Activity Log

Date	Physical Activity	Physical Activity Time	Health Related Physical Component
	Total Time:		

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5 Things Every Young Person Should Know About Drugs

Read the article on the following website: https://www.huffingtonpost.com/theodore-caputi/five-things-every-young-p_b_4984903.html (Article also attached)

1. Summarize the 5 things that it is important to know.

The following stages may be useful:

1. Read and understand the text carefully.
2. Think about the purpose of the text. ...
3. Select the relevant information. ...
4. Find the main ideas - what is important. ...
5. Change the structure of the text. ...
6. Rewrite the main ideas in complete sentences. ...
7. Check your work.

Five Things Every Young Person Should Know About Drugs and Alcohol

03/18/2014 11:53 am ET Updated May 18, 2014

2014 may very well be the most tumultuous year for drug and alcohol research and policy in recent history. The CDC has declared the rise in opioid (heroin and prescription painkiller) abuse a national epidemic, and more people are now dying from prescription drug overdoses than automobile accidents. States are legalizing and decriminalizing marijuana — legislation that, just a few years ago, could never have gained any traction. New advancements in drug and alcohol prevention, intervention and treatment programs occur nearly every day.

So what does all this mean for teens and college students today? Here's what you need to know.

1. The opioid epidemic is big news.

If you get nothing else from this article, get this: opioids, including prescription painkillers like hydrocodone and oxycodone as well as heroin, are among the most serious drugs out there. Most people know heroin is a serious drug, but many don't see the peril in prescription painkillers. Because painkillers have a legitimate pharmacological purpose, many teens, college students and adults alike start taking these pills without fully understanding their danger. How bad could a drug be if your dentist gave it to you when you had your wisdom teeth removed? The answer? Pretty darn bad. In fact, more people now die from prescription painkillers than from heroin and cocaine. Combined.

It didn't used to be this way. Ask your parents. Opioids (mainly heroin) were "dirty" drugs, used only by the most serious drug users. Prescription painkiller use has tripled in the last two decades, and it's affecting the inner cities, middle class suburbs and everywhere in between. Because opioids are new to so many communities, people need to realize how deadly and addictive they are.

2. Even if recreational marijuana is legal in some states, it can still affect your performance and damage your health.

Whether or not you agree with recent legislative changes regarding marijuana, research proves that marijuana use prevents you from performing at your peak. Ask yourself: what are your short and long-term goals? Do you want to do well in school? Are you passionate about something you want to change in the world?

Marijuana seems harmless enough. (True, marijuana overdose is unlikely.) But marijuana can interfere with your motivation and cause you to fall behind on your goals. Most of the young people I know who have stopped using marijuana are happier and better off for it. Further, even if overdose is unlikely, marijuana use is associated with addiction and other long-term health consequences.

Just because marijuana is legal in some places doesn't mean it's the right decision for you.

3. In a potential overdose situation, call for help.

Overdose is a real danger. It's one of the leading causes of death among teens, and a big part of the problem is under-reporting. We've all been in that situation. We're at a party, and some kids are binge drinking or using drugs. A few kids are throwing up in the bathroom, and you find a guy passed out on the couch. Great party, huh? But does this guy on the couch need help? He'll be fine, right?

Please don't make that decision on your own. Trust me, calling the authorities is worth it — worth embarrassing yourself, worth stopping the party and even worth getting in trouble. Just log on to International Overdose Day's website to see how "worth it" calling 911 is.

NOTE: Many states and college campuses have a "good samaritan" rule that will prevent you from getting in trouble for reporting a potential overdose.

4. Overdose isn't the only thing we're worried about.

High schools and colleges are focused on overdose, but that view may be myopic. Of course, overdose is the most visible issue for teens and college students, but in America alone, 23.5 million people struggle every day with addiction (approximately 7.5 percent of the American population).

Out of those 23.5 million people, I am guessing that none of them woke up one morning with the plan to get addicted to drugs. Addiction is sneaky. It starts with a series of seemingly benign mistakes. Once a person is addicted, however, it's an uphill, lifelong battle. Treatment for addiction works — but you can never be "cured." If you become addicted to a substance, you'll spend the rest of your life with the threat of relapse.

Don't think it could happen to you? Neither did 23.5 million Americans.

5. Treatment is available, and you should use it if necessary.

Just over 10 percent of Americans struggling with addiction actually get help, and 90 percent of Americans struggling with addiction started using drugs before they turned 18-years-old. Put two and two together: there are probably a lot of teens and college students who need help but aren't getting it.

Fortunately, help is on the way. Addiction treatment is certifiably effective. And it's available to you. Under the Affordable Care Act, substance use care is now

considered an essential health benefit (EHB), meaning all individual and small group health care plans are required to provide substance use care. Further, teens and college students are now eligible to stay on their parents' plan until they turn 26-years-old. If you feel like you have a problem with addiction, if you find yourself using drugs or alcohol alone, or if you feel like your day isn't complete without a fix, it may be time to seek professional help.