

## Health & Well-being Learning Activities Intermediate & High School (Grades 7-12)

### Daily Physical Activity

Encourage youth to engage in 60 min of vigorous (heart pumping!) physical activity daily. Chunk the time and include a mixture of movement opportunities (Ex: 20, 30, 40, 50, 60 min per go)

Learning Activity	Time	Instructions	Considerations
Daily Physical Activity	Up to 60 Minutes/ Day Until Complete  (Ex: 10, 20, 30, 40, 50, 60 min per go)	<ul style="list-style-type: none"> <li>● Jump rope</li> <li>● Jogging/Running</li> <li>● Walking</li> <li>● Ride a bike</li> <li>● Rollerblade</li> <li>● Skateboard</li> <li>● Dance</li> <li>● House and Yard work</li> <li>● Running obstacle course</li> <li>● Games that involve running and chasing (alone or with siblings)</li> <li>● Do a circuit of jumping jacks, push ups, running on the spot, squats, lunges, jumping, etc</li> </ul>	<ul style="list-style-type: none"> <li>● Engaging in physical activity is a way to celebrate what our bodies can do. Youth should explore ways to find the joy in movement!</li> <li>● Join a free online fitness class or activity virtually with your friends</li> <li>● Make up a heart pumping workout to do with your family</li> <li>● Set a goal to get your 60 mins of heart pumping physical activity every day. Write it down and keep a journal</li> <li>● Create a video of a workout and share with someone</li> <li>● Make a video of a sport or movement skill to teach a younger person (Ex: dribble a soccer/basketball, strike with an implement, yoga pose, dance moves, etc.)</li> <li>● Plan movement breaks throughout the day to interrupt sedentary behaviour</li> <li>● Start a virtual physical activity challenge with friends/family (Ex: 10 push ups)</li> </ul>

### Daily Physical Activity +

Learning Activity	Time	Instructions	Considerations
Healthy Habits	Up to 45 Minutes/ Day Until	<ul style="list-style-type: none"> <li>● Read: Practice <a href="#">healthy habits</a></li> </ul>	<ul style="list-style-type: none"> <li>● Imagine you are responsible for teaching a younger sibling, cousin, or friend about how to stay healthy. What are three tips</li> </ul>

	Complete		you would give them and how would you help them learn those tips really well?
Organization	Up to 30-45 Minutes/Day Until Complete	<ul style="list-style-type: none"> <li>• Become and stay <a href="#">organized</a> as well as <a href="#">motivated and determined</a> to keep learning while at home</li> </ul>	<ul style="list-style-type: none"> <li>• Describe a concrete plan you have for staying organized while learning at home. In your plan, include any challenges you might face while learning at home and how you plan to overcome them.</li> </ul>
Mindfulness	Up to 30-45 Minutes/Day Until Complete	<ul style="list-style-type: none"> <li>• Complete a daily <a href="#">mindfulness activity</a></li> <li>• Write about your experience and reflect on your <a href="#">emotions</a></li> <li>• Meditate</li> </ul>	<ul style="list-style-type: none"> <li>• Explain how you imagine feeling before, during, and after you meditate using your preferred strategy. What might a challenge be? What would be the greatest benefit?</li> </ul>
Get Outdoors!	Up to 20 Minutes/Day Until Complete	<ul style="list-style-type: none"> <li>• Engage in physical activity</li> <li>• Connect with nature</li> </ul>	<ul style="list-style-type: none"> <li>• A great way for you get a break from screen time</li> <li>• Could you do some chores outside?</li> <li>• What are you noticing about the outdoors: use your 5 senses to guide you.</li> <li>• Walk a pet</li> <li>• Practice a sport skill (soccer dribbling, basketball, striking with an implement)</li> </ul>
Managing Stress	Up to 30-45 Minutes/Day	<ul style="list-style-type: none"> <li>• <a href="#">Manage stress</a> and practice self care</li> </ul>	<ul style="list-style-type: none"> <li>• How do you plan to practice self-care and manage stress while you're learning at home? Name three things that you will do, when and how you will achieve those things, and any challenges.</li> </ul>
Friendships and Social Media	Up to 30-45 Minutes/Day	<ul style="list-style-type: none"> <li>• Manage <a href="#">social media</a> especially when social events and interactions</li> </ul>	<ul style="list-style-type: none"> <li>• In three sentences, reflect on how you've been a good friend in the past. Reflect: how does</li> </ul>

		are physically limited	learning at home impact your friendships? Then, in three to five sentences, make a plan for how you can be a good friend while you are remote learning.
Reflection	Up to 10 Minutes/Day	<ul style="list-style-type: none"> <li>Keep a daily journal</li> </ul>	<ul style="list-style-type: none"> <li>Complete a 3-2-1 daily journal. 3 things I did today, 2 questions I have, 1 thing I'm grateful for</li> </ul>

**Online resources to support physical activity:**

- GoPEI! Live@Home: via GoPEI! Facebook
- BOKS Canada: BOKS at home: <https://www.bokskids.ca/boks-at-home/> is an online tool that's free!
- Many at home physical activity options can be found here: Open Phys Ed: Active at home: <https://openphysed.org/activeschools/activehome>
- [Daily PE with Joe](#) on Youtube: a new PE class every day!
- [Follow Along Dances for PE- DANCEPL3Y](#)
- Some Island Fitness Trainers that are offering free online training on social platforms
  - Shawn Francis @Frantrainfitness
  - Moda Yoga Charlottetown @modayogacharlottetown
  - Mike Ives **CrossFit 782** Facebook Live every day at 5pm
  - Stephanie Knickle **Imotion Fitness** on Facebook
  - Triona Harrop **Infrared Fitness** on Facebook
  - Erika Killam [3eYoga](#)

**Online resources to support health promotion learning activities:**

- [Teenmentalhealth.org](https://teenmentalhealth.org)
- [How to become an organized student](#)
- [Understanding Coronavirus](#)
- World Health Organization ([WHO](#)) on TikTok
- Mindfulness: [How to Meditate](#)
- Effects of [Social Media](#)
- [Skills based health education](#) video (for parents)