

Physical Education Grade 7-8 Lessons

Weeks of April 13-17, 20-24 and 27-May 1, 2020

Dear Parent(s): If you would like a paper copy of this learning module, one is available for pick up here at the school. All you need to do is phone the school to let us know that you are coming to pick up a physical education homework package for your child. We will have one waiting for you in the lobby for when you arrive. **Thank You** for your co-operation during these trying times.

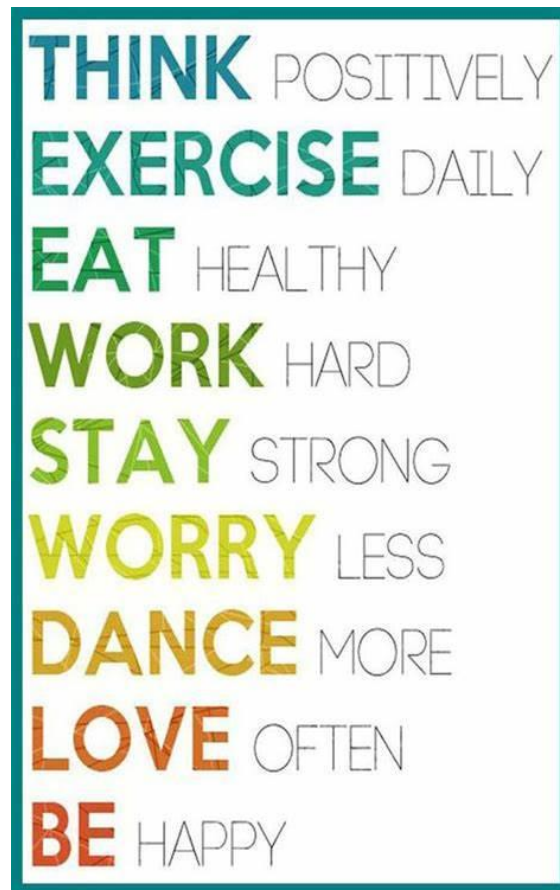
Warm-Up Activities

Online Activities: If you do not have access to internet please refer back to original lesson plan provided for March 23rd, 2020. You can also use the alternates below. Choose a different activity each day. Once you run out you may begin again.

We Will Rock You Warm-up - <https://www.youtube.com/watch?v=9HtRyc3ixrc>

Grade 7-8 Avengers Fitness Warmup <https://www.youtube.com/watch?v=sqZFz44AB78>

PE Jr. High Warm-up <https://www.youtube.com/watch?v=Mg23oNm2ORI>



For the following activity, you must decide who goes first. The both of you say together: “Fee Fi Fo Fingers” and both of you show the amount of fingers from 0-10 added together. Whoever was first has to do the corresponding activity.



FINGER FITNESS THIS OR THAT EDITION

Say "Fee Fi Fo Fingers" to a partner and both show 0-10 fingers with 2 hands, then choose which of the results you like best and do it!

IF YOU CHOOSE:	THEN YOU DO:
0	Favorite dance for 15 seconds
1	10 crunches or curl-ups
2	6 Push-ups
3	15 Jumping Jacks
4	Stretch your legs for 12 seconds
5	Gallop or skip a lap around gym
6	Do 9 Squats
7	Hold a plank for 20 seconds
8	Give a high-5 or fist bump
9	15 Jumping Jacks
10	Stretch your arms for 11 seconds

Find a new partner each time, and never plan the result!

By Mike Linnell ©ProCycling

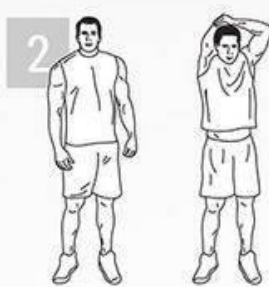
You may change the “THEN YOU DO” to other things if you wish. If you are having trouble finishing the “THEN YOU DO” rest and then finish.

warm up

6 reps each © neilarey.com



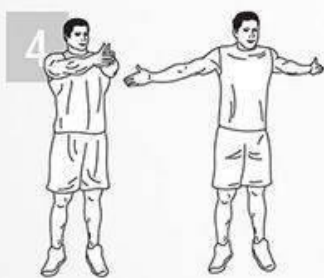
neck stretch



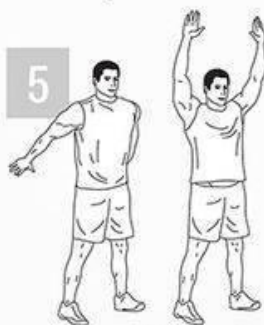
tricep stretch



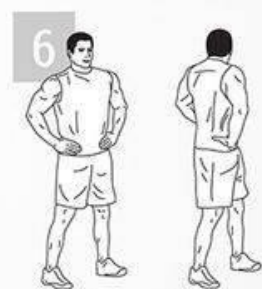
shoulder stretch



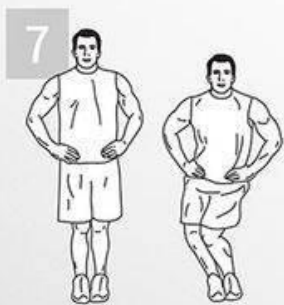
dynamic chest



dynamic back



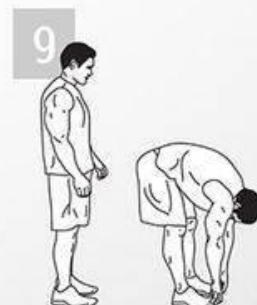
mid back turns



knee circles



hip circles



toe touches

2-minute warmup

BY DAREBEE © darebee.com
Repeat each exercise for 10 seconds.



hops on the spot



side-to-side hops
single leg



hops on the spot



side-to-side hops
feet together



alt back expansions



chest expansions



arm circles (wide)



arm circles



hops on the spot



side-to-side hops
single leg



hip rotations



torso rotations

Physical Activities

Choose a different activity each day. When you run out, please choose one you like and start again. If you do not have access to internet please refer back to original lesson plan provided for March 23rd, 2020 and use one. There are some alternates provided below. Remember, if you tired rest some and then begin again.

Fitness Workout for students of all ages (16 minutes)

https://www.youtube.com/watch?v=L_A_HjHZxfI

Grade 7-8 Kids Workout (25 mins) <https://www.youtube.com/watch?v=dhCM0C6GnrY>

Socks and Squats - <https://www.youtube.com/watch?v=BGWKdT60IHc>

Flip It - <https://www.youtube.com/watch?v=pkEuSNplOtg>

Basketball Speed Shooting - <https://www.youtube.com/watch?v=0FECPDuKeD8>

Kids Workout NRG Burn 1 - <https://www.youtube.com/watch?v=tjfK5I4pbQQ>

Kids Workout NRG Burn 2 - <https://www.youtube.com/watch?v=6f2o2UZtg9I>

Kids Workout NRG Burn 3 - <https://www.youtube.com/watch?v=CAC8KcuAP6I>

Kids Workout NRG Burn 4 - <https://www.youtube.com/watch?v=n2OnlycDWdw>

Kids Workout NRG Burn 5 - <https://www.youtube.com/watch?v=3pFE1uoKe-A>

Grade 7-8 Activities – Indoor Games

Get Fit Disc Golf

https://phecanada.ca/sites/default/files/content/docs/Home%20Learning%20Resource/7-12/Physical%20Education/7-12%20PE_Get%20Fit%20Disc%20Golf.pdf

Put the “I” in Inventor

https://phecanada.ca/sites/default/files/content/docs/Home%20Learning%20Resource/7-12/Physical%20Education/7-12%20PE_Put%20the%20'I'%20in%20Inventor.pdf

Sitting Volleyball – Could use a beach ball

https://phecanada.ca/sites/default/files/content/docs/Home%20Learning%20Resource/7-12/Physical%20Education/7-12%20PE_Sitting%20Volleyball.pdf

Get Fit Disc Golf

Materials – Frisbee or paper plate (or other throwing object like socks), multiple small objects for markers (e.g., plastic cups, plastic measuring cups), paper, pencil

Learning Outcome – Develop a course for a target game and perform aerobic, fitness, and core activities while throwing for accuracy.

Description –

Ensure there is enough space to do the activity away from any safety hazards. Design a disc golf course indoors or outdoors using materials available. For each hole, create a tee-off area and a hole a certain distance away from each other using small objects (e.g., plastic cups, plastic measuring cups, etc.). Each tee-off and hole object markers should be similar to distinguish different holes or consider numbering both the tee-off marker and the hole marker (e.g., the first hole's tee-off marker and hole marker both have a number 1). For each hole, write a different fitness activity on a piece of paper and place it by the tee-off marker. Examples of fitness activities include:

- Lunges x 5 per leg
- Wall sit x 30 seconds
- Squats x 10
- High knees x 10 per leg Plank x 30 seconds
- Jumping Jacks x 10
- Sit down and jump up x 5
- Run on the spot x 30 seconds

Play the disc golf course in pairs if possible using the same throwing object and altering throwing turns. If two players are not available, the game can also be played with a single player. Start at the first tee-off and throw the object toward the hole. If it does not land or hit the hole marker, move to where the object landed and perform the fitness activity.

Continue this process until the object lands or hits the hole marker. Finish the course or play for a selected amount of time. Consider keeping score and playing again to see if the score can be improved.

Put the “I” in Inventor

Materials - At least one ball, other equipment of choice

Learning Outcome - Use the conditions provided to create a game with rules and strategies.

Description –

Ensure there is enough space to do the activity away from any safety hazards. Challenge the youth to develop their own physical activity game. The only elements that must be included in the game are:

- At least one ball or similar object (e.g., socks) must be used.
- At least one form of sending (throwing, kick, roll, etc.) must be used.

Allow the youth time to brainstorm and to test the rules and strategies for their game.

Invite the youth to name their game and then video call a friend or family member to teach them the game.

Foot Volleyball

You Will Need:

- Balloon or light ball. Could even be a some newsprint rolled up into a ball
- A volleyball net. Could be folder blanket over a couple chairs. Whatever works to make your net

How To:

1. Ask those playing to remove their shoes and form two groups. Or one on one.
2. Hang the net in such a way that it is at least three to four feet above the floor. Let both the teams take their positions, on each side of the net.
3. Play volleyball with the balloon using their feet instead of their hands!
4. You may play using different rules where you have extra hits. You may decide.
5. Please play safely by checking the area for hazards and removing or moving them.

The Orange War

You Will Need:

- Oranges or some type of ball
- Plastic or regular spoons to hold the oranges

How To:

1. Place the oranges in the spoons and give them to two players at a time.
2. The players have to tip off the orange of their opponent without touching them and while trying to keep their orange in their spoon.
3. As soon as someone loses their orange, they are out of the game. The winning player may stand on one side.
4. Keep repeating the competition until all players get a chance.
5. Now give a spoon and an orange to each winner and ask them to play for the winning title. The player who has the orange in the spoon until the end wins.
6. Please play safely by checking the area for hazards and removing or moving them.

Balloon Hitter

You Will Need:

- A balloon, clean rolled up socks or rolled up newsprint for each player
- Some objects that will be the target

How To:

1. Hand out a balloon to each player and ask them to inflate it. You may use a pair of rolled up socks.
2. Place the targets at a considerable distance on the floor and ask all players to stand on one side. At the signal, the players have to hit their target with their balloon. You can decide the amount of tries the players are allowed, or base it on time.
3. The player who can hit the target first with the balloon or socks is the winner.
4. Please play safely by checking the area for hazards and removing or moving them.

Bottle Bowling:

You Will Need:

- 2-liter soda pop bottles or dishwashing detergent bottles and small bleach bottles
- Lightweight balls
- Sand or Water
- Funnel

How To:

1. Wash and dry the bottles before making the pins. Ensure that the bottles are thoroughly dried before proceeding with the next method.
2. Put an inch of sand or water in each bottle using a funnel. The sand or water will weigh down the pins, making it harder for the kids to knock down. If you want to create a set of bright bowling pins, fill the bottle with scraps of colorful tissue or crepe paper.
3. Set up the plastic bowling pins on the playing area and hand over the ball to the participants.
4. Now give five chances to each child to knock down the pins.
5. The player who bowls down the pins fastest will be the winner.
6. Please play safely by checking the area for hazards and removing or moving them.

Newspaper Dump:

You Will Need:

- A stack of newspaper, socks, or whatever you have for each team
- Recycle bin or container

How To:

1. Divide the players into each group and hand them their stack of whatever. The teammates have to split the stack of whatever equally among the team members.
2. Set up a recycling bin or container at the finish line.
3. On the signal to start, the first player of the team has to carry one item from the stack of whatever to the finish line and deposit it in the container. Now he has to run back to his team and tap the next player in line. If it is one vs one, continue to go until the stack of whatever is gone.
4. The team that deposits the stack of whatever first in the recycle bin or container will be the winner.
5. Please play safely by checking the area for hazards and removing or moving them.



Grade 7-8 Healthy Eating

Create a Meal

https://phecanada.ca/sites/default/files/content/docs/Home%20Learning%20Resource/7-12/Healthy%20Eating/7-12%20HE_Chef%20Chez%20You.pdf

Food Skills Expert

https://phecanada.ca/sites/default/files/content/docs/Home%20Learning%20Resource/7-12/Healthy%20Eating/7-12%20HE_Food%20Skills%20Expert.pdf

Multiple Ways to Cook

https://phecanada.ca/sites/default/files/content/docs/Home%20Learning%20Resource/7-12/Healthy%20Eating/7-12%20HE_Multiple%20Ways%20to%20Cook%20It.pdf

CreATE a Meal

Materials – Ingredients for a meal of choice

Learning Outcome – Choose ingredients and follow a recipe to create a meal.

Description -

Challenge the youth to choose a meal to cook for your family. Invite them to choose a healthy recipe either from available cookbooks or from the Recipes section of Canada's Food Guide.

Encourage the youth to choose a recipe that contains ingredients you currently have at home. Support them with following the instructions to prepare the meal and be sure to supervise chopping or using the oven or stove.

Enjoy the meal together and encourage the youth to ask for positive and constructive feedback after family members have eaten the meal.



Food Skills Expert

Materials - Paper, pen, access to the internet

Learning Outcome – Research and summarize information about food preparation.

Description –

Challenge the youth to discover new things about food to develop their food skills.

Provide the youth with a list of questions related to food preparation. Some example questions are:

- Do you know why some recipes call for egg whites vs. the whole egg?
- Do you know how to separate the yolk from an egg white?
- Do you know what al dente means when cooking pasta?
- Do you know how to make something not stick to the pan when cooking it?
- Do you know any muffin recipes that do not use refined sugar?
- Do you know when steamed broccoli or green beans are cooked best?
- Do you know how to make guacamole?

Ask the youth to research answers and share their explanation for each. Support them with identifying answers that may be more difficult.

Challenge the youth to apply one food skill they learned by preparing a food and be sure to supervise chopping or using the oven or stove.

Multiple Ways to Cook

Materials - Paper, pen, one food item that can be cooked multiple ways (optional)

Learning Outcome - Identify various ways to cook food and practice cooking one food.

Description -

Explain to the youth that many foods can be cooked in a variety of ways (e.g., baked, grilled, roasted, etc.). If needed, refer to the Healthy Cooking Methods of Canada's Food Guide for an explanation of various ways to cook food.

Ask the youth to brainstorm all the foods they can think of that can be cooked in a variety of ways. For example:

- Eggs - fried, boiled, poached, etc.
- Potato - mashed, scalloped, boiled, etc. Chicken - grilled, baked, stir-fry, etc.

- Rice - boiled, steamed, baked, etc.
- Corn - boiled, grilled, steamed, baked, etc.

After brainstorming various foods, invite the youth to select one of the foods and cook it at least two ways.

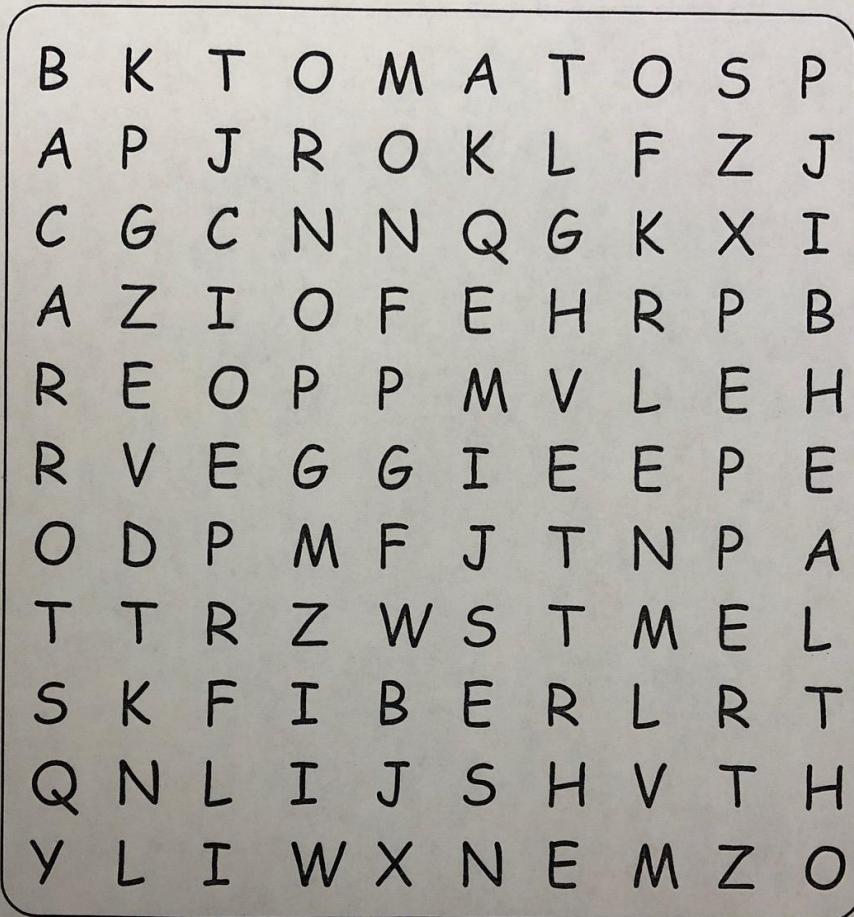
Talk about the differences in texture and taste and the process to prepare each food.

If access to the food is not available, consider watching a video about how to prepare it and try to cook the food another time when there is access.



The following puzzles can be done by yourself. However, if you are having troubles you may ask an older sibling or parent/guardian to help.

Vegetable Group Word Search



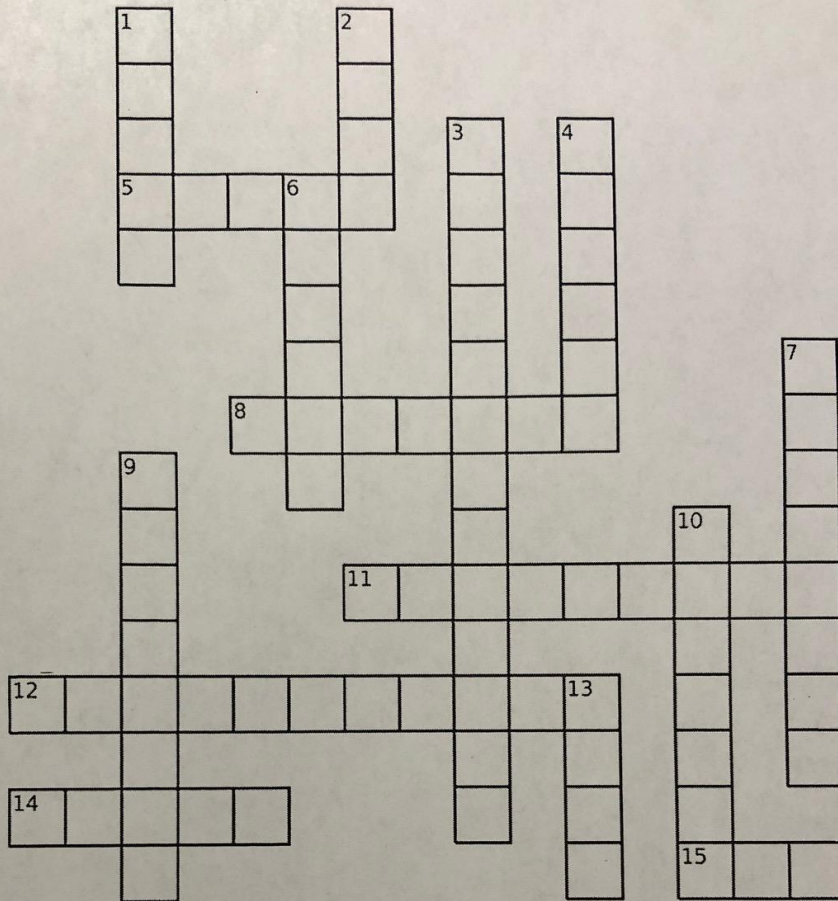
Beets, Tomato, Pepper, Carrot,
Health, Veggie, Fiber

Food Group Word Search

O	R	R	N	I	E	T	O	R	P
G	R	A	I	N	S	V	Z	I	M
T	Q	K	M	R	L	E	I	Q	P
D	A	I	R	Y	I	G	U	O	M
K	X	J	M	A	O	E	F	V	Y
N	O	I	T	I	R	T	U	N	V
G	M	I	N	E	R	A	L	S	F
S	T	I	U	R	F	B	O	I	M
M	Q	W	C	D	R	L	B	C	E
G	R	X	I	U	P	E	U	U	A
U	P	M	U	R	R	S	V	N	T

Grains, Nutrition, Oils, Fruits,
Minerals, Vegetables, Fiber, Dairy,
Protein, Meat

Healthy Eating Crossword Puzzle



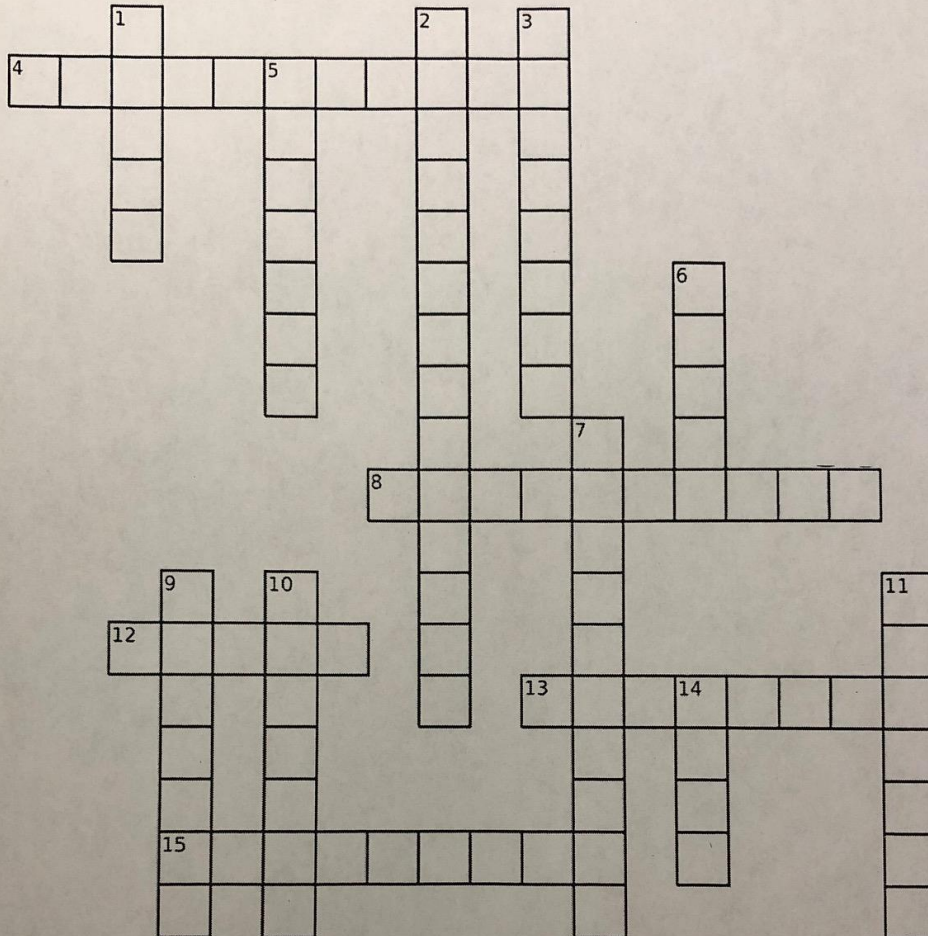
Across

- 5 The small meal after breakfast and before lunch
- 8 Belgium _____ with strawberries
- 11 This meal helps you do great in school
- 12 This fruit juice has vitamin C
- 14 Put cream cheese or peanut butter on this
- 15 Ome____ with mushrooms and cheese

Down

- 1 French _____ or pancakes
- 2 This taste great with whole grain cereal
- 3 This comes from a cow but its not white
- 4 Home fries or hash _____
- 6 Some kids like to eat this without milk.
- 7 Bananas, strawberries and yogurt mixed together to make a _____
- 9 Mickey Mouse shaped _____ with eggs
- 10 Eat this warm with milk, raisins, and brown sugar.
- 13 Scrambled, poached and fried _____

Healthy Eating Crossword Puzzle



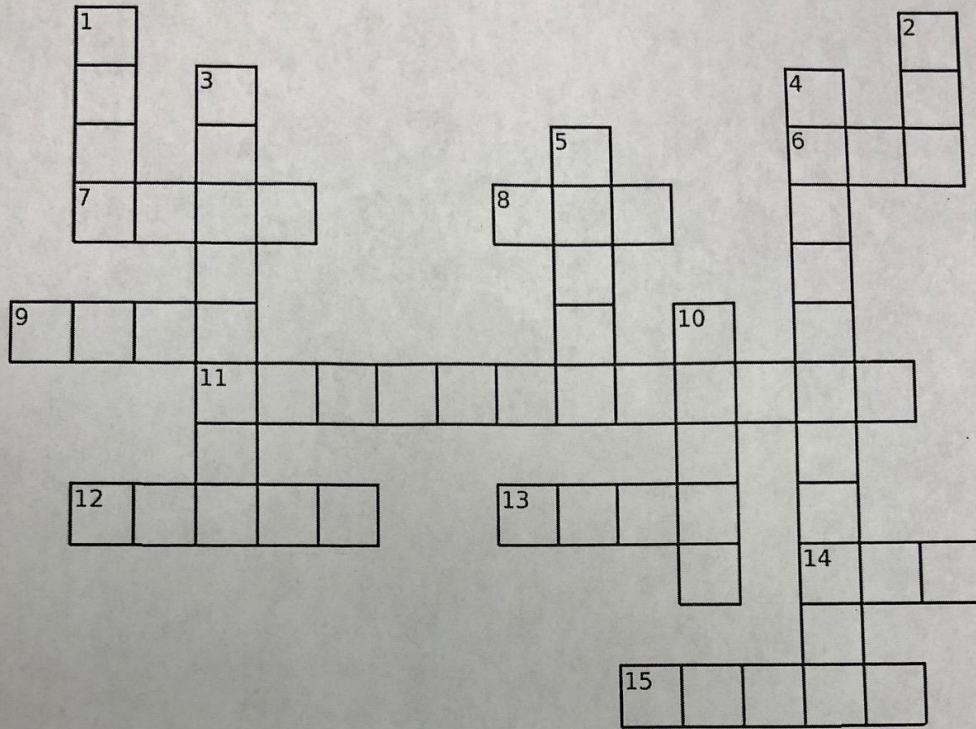
Across

- 4 The opposite of a sour potato
 8 The outside of this melon looks like a web
 12 Tomatoes, cucumbers and lettuce make a nice ____
 13 This vegetable looks like a mini tree
 15 Dip the leaves in butter and enjoy the heart of an ____

Down

- 1 This is a fuzzy stone fruit
 2 This is a side dish at Thanksgiving
 3 A palm tree grows these
 5 One popular big squash at Halloween
 6 This tropical fruit has a big seed in the middle.
 7 This looks like an orange but is smaller
 9 Monkeys love them
 10 Dip these into Ranch dressing
 11 Dried grapes are called ____
 14 This vegetable has ears (think of cob)

Healthy Eating Crossword Puzzle



Across

- 6 Keep cold food cold and hot food _____
- 7 An ice _____ will keep your lunch cold
- 8 Wash your hands before you _____
- 9 Bacteria grow rapidly in the danger _____ (rhymes with cone)
- 11 Milk, eggs and yogurt should be stored in the _____
- 12 Slice veggies on a clean cutting _____
- 13 Keep food _____ in the refrigerator
- 14 Bacteria begins to grow on perishable food within _____ hours if not refrigerated.
- 15 Don't leave food out for more than two _____

Down

- 1 Warm water and _____
- 2 Raw meat should _____ touch fruit
- 3 Germ is another word for _____
- 4 Use a meat _____ to check the temperature
- 5 You can see bacteria: True or False
- 10 Wash both of these for 20 seconds to kill germs.