

Daily Challenges & Health for Grades 7-8 PE

May 4th – May15th

Hey Guys,

I hope everyone is doing well and staying safe during this time. I have missed you all. Coming to school and not having the gym a buzz with games and most importantly laughter is tough. I hope we are back to school soon. But only when it is safe for everyone.

The following three lists are all online. When at school, we have gym every second day. I would like you to do the following every second day but if you go every day that is fine too. I am challenging you to do the following:

1. Must do the **Warm-up Routine** each day you do PE.
2. Choose a **Fitness Challenge** each day you do PE.
3. Choose a **Game Challenge** each day you do PE.
4. Every time you do a new PE day, the **Fitness Challenge** and **Game Challenge** must be different.
5. See the Health Section at the end for **5 MORE available marks!!**

Added Bonus Marks

If you want to earn **10 extra marks** on what your numerical mark was on your report card, you must do the following:

1. Follow the above routine at least five times over the next two weeks.
2. Send me a picture or a short video of you doing the activities to my **Email**: bwilliams@mysterynet.mb.ca or to the following **Snapchat Account**: MrWillsJaguars
3. Each day your active, you must choose a different fitness challenge and a different game challenge. Send me a picture or a short video of you doing the two new activities each day. One picture or video of the Fitness challenge and one of the Game challenge.
4. Each time you show me that you are doing the activity during this time period, you can earn 2 marks to max of 10 marks.
5. I will respond to your email or snap each time you send something.

Good Luck Guys! Have Fun.

Mr. Williams

“Physical Activity = Healthy Body & Healthy Mind”

How to get to Mr. Williams' PE Lessons Online

1. Go to the SDML website www.mysterynet.mb.ca
2. Click on schools
3. Click on Juniper School
4. Click on Parents
5. Click on Documents
6. Click on Mr. Williams
7. Click on Grade 7-8 Daily PE Challenges and Health

How to Contact Mr. Williams with pictures or videos

Email – bwilliams@mysterynet.mb.ca

Snapchat Account – MrWillsJaguars

Please ensure that you state who you are in the email picture or video as well as the snapchat picture or video. Place the snapchat picture time on unlimited.

GOPHER Active@Home™ WARM UP

HIGH KNEES

- 1 Stand with feet shoulder-width apart. Quickly raise one knee to hip-height.
- 2 Lower knee. Quickly raise other knee to hip-height.
- 3 Continue steps moving forward.



WALKING TOE TOUCHES

- 1 Step forward with one foot.
- 2 Shift weight to back foot. Bend down, touch toe with opposite hand.
- 3 Stand up. Walk forward. Repeat with opposite foot.



HEEL-UPS

- 1 Perform a slow jog.
- 2 Lean upper body slightly forward. Thighs perpendicular to floor.
- 3 Focus on touching heels to glutes on every step.



BODY TWIST

- 1 Stand with feet shoulder-width apart, toes pointed forward.
- 2 Bend elbows. Raise arms to shoulder-height.
- 3 Keep hips square. Rotate upper body from side-to-side while looking forward.



GOPHER Active@Home™ WARM UP 2

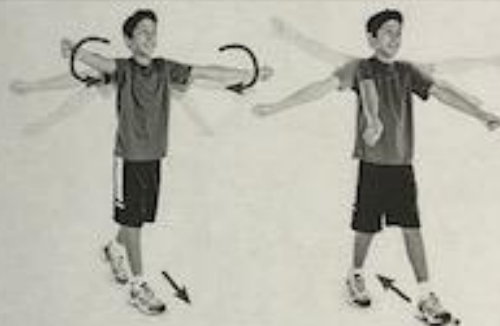
SIDE SHUFFLE

- 1 Stand with feet shoulder-width apart. Knees bent slightly. Arms flexed in front of body.
- 2 Extend one leg to side. Keep weight on toes.
- 3 Quickly follow with other leg in same direction.



WALKING ARM CIRCLES

- 1 Stand with feet shoulder-width apart. Raise arms to shoulder-height at sides.
- 2 Slowly walk forward making small circles with arms.
- 3 Repeat walking backwards rotating arms in opposite direction.



JOGGING

- 1 Stand with feet shoulder-width apart, one foot in front of the other. Arms flexed in front of body.
- 2 Slowly jog forward. Move the opposite arm to leg.



BACK PEDAL

- 1 Stand with feet shoulder-width apart. Arms flexed.
- 2 Slowly jog backwards. Gain speed when comfortable.



Warm-Up Routine

https://mk0bloggophersprvo63.kinstacdn.com/wp-content/uploads/2020/04/TrainingWarmUp_Poster_Final_PRINT_proofed.pdf

Fitness Challenges

The Chair Challenge - <https://www.youtube.com/watch?v=AKqOle-7pUQ>

Material – Chair, running shoes, sock feet or bare foot a small space

1. **Chair March** – Sit on the chair and march like a soldier (20 secs)
2. **Chair Jacks** – Jumping jacks on a chair. Arms go above your head as your legs spread apart. Then Arms back to your sides and legs together. (20 secs)
3. **Chair Jump-Rope** – Make your arms go in a circle and as they pass in front of your body, lift your feet off of the floor. (20 secs)
4. **Floor Taps** – Reach to touch the floor on the right side of the chair and then go to the other side to do the same. As you alternate sides, squeeze your core muscles. (20 secs)
5. **Elbow to Knee Twists** – Alternate sides. Fingers touch the back of your head. Left elbow moves forward and down to touch the right knee which is moving up and left to touch the left elbow. Then switch. (30 secs)
6. **Chair Crunches** – Lie on the floor with your feet and lower legs on the chair. Hands on opposite shoulders and do crunches. (20secs)
7. **Legs Over Chair** – Sit on the floor so your legs are outstretched to the side of the chair. You can sit up and use your arms to hold you. Pick up your legs, as straight as possible and swing them over the seat of the chair to the other side and touch the floor. Then go back the opposite way. Continue for 20 secs.
8. **Chair Planks** – Put your feet on the chair. Do a 20-30 sec plank on your forearms or straight arms.
9. **Chair Dips** – Your feet are slightly away from the body and you are in a sitting position with the hands holding your body up on the edges of the chair. Lower your butt closer to the floor by bending the elbows slightly and then pushing back up to straighten the arms. (20-30 secs)

Toilet Paper Challenge - <https://www.youtube.com/watch?v=XWGa7ytYFQk>

Materials – 4 rolls of toilet pare or tissue boxes

1. **Toilet Paper Line Jumps** – make a line from the toilet paper rolls or tissue boxes and jump continuously back and forth over them. (30 secs)
2. **Jump Turn and Stack** – Stack the toilet paper rolls or tissue boxes and face them. Bend over and tick up one and stand back up. Do a jump turn to face in the opposite direction and place the toilet paper rolls or tissue boxes on the floor. Jump turn back to the stack and continue to restack on the other side until finished. Continue for 20 secs.
3. **Plank Stack** - Stack the toilet paper rolls or tissue boxes. Do a straight arm plank with either hand placed in front of the stack. Using the opposite hand, move the stack one at a time to the other side. Then switch hands and bring it all back to the original spot. (30 secs)

4. **Push-up Stack** - Stack the toilet paper rolls or tissue boxes. Do a push-up with either hand placed in front of the stack. After doing the push-up, using the opposite hand, move the stack one at a time to the other side. Remember to do a push-up each time before moving an item. Continue until all toilet paper rolls or tissue boxes are brought back to the original spot. (30 secs)
5. **Leg Lift Stack** - Sit on the floor so your legs are outstretched to the side of the Stack. You can sit up and use your arms to hold you. Pick up your legs, as straight as possible and pick one roll or box up at a time and move it left or right to create a new stack. Then return it to the original spot.
6. **Hands to Feet Pass** – Try not to let your feet touch the floor during this challenge. Lie down on the floor out stretched and hold a roll of toilet paper or tissue box in your hands above and slightly behind your head. Then do a crunch by bringing your feet toward your stomach and your hand over your head toward your feet. Put the toilet paper roll or tissue box in between your feet and straighten out again. Then repeat and return the item to your hands and continue for 30 secs.
7. **Toilet Paper Twisters** – This a done like a Russian twist core exercise. Remember to try and keep the feet off of the floor the entire time. Sit on the floor beside a stack of toilet Paper or tissue boxes. Your knees are slightly bent. On go, activate your core and start transferring the stack to the other side of your body one item at a time. Continue going until the timer runs out. (30 secs)

The Wall Workout - <https://www.youtube.com/watch?v=DcfT6sX9T-c>

Material – A wall, running shoes, sock feet or bare foot a small space

1. **One Minute Wall Sit** – Self-explanatory
2. **Alternating One Leg Wall Sit** – Switch leg every 10 secs (1 min)
3. **Wall Push-Ups** - Self-explanatory (30 secs)
4. **One Leg Wall Bridge** – Lie on the floor with leg touching the wall. Hold the other straight. Pick up your bottom from the floor to do the bridge, hold for a second and then back down. Continue for 30 secs. Then switch legs and repeat for 30 secs.
5. **Wall Walkers** – Lie on the floor with the knees bent and your feet touch the wall. On go, walk your feet up the wall slightly until you are doing a bridge again. Then walk back down. Continue for 30 secs.
6. **Wall Plank** – Facing the floor, walk your feet up the wall slightly and do a straight arm wall plank for 30 secs.
7. **Wall Plank Cross-Overs** – Facing the floor, walk your feet up the wall slightly and do a straight arm wall plank. On go, bring one knee to the opposite hip. Return to the wall and repeat using the other knee. Continue for 30 secs.

Flippy Cup Cardio Challenge - <https://www.youtube.com/watch?v=9xegBzbrv1M>

Materials – Plastic cup, table and a timer

1. Jog a lap around your table
2. 1 lap = 2 flips
3. A successful flip = 1 point
4. Get as many points in 1 minute
5. Place the plastic cup right side up on the edge of your table. Strike it upwards and try to flip it to stand upside down. This is a successful flip
6. Remember to do a lap to get 2 more flips each time.

Unlock my phone Challenge - <https://www.bewellplayed.com/blog/homeunlock>

Materials – 10 Paper plates, a marker or a pen, several sheets of paper, a timers and some space.

1. Number the plates from 0-9 and lay them out like a cell phone.
2. Variation: make more space between the numbers to create more challenge.
3. Write several different combinations of 4 digit numbers on the sheets of paper.
4. On go, start the timer and try to touch the 4 digit number before the timer sounds.
5. There are different levels to the game. Level 1 is touching the 4 digit in 7 secs, level 2 is 6secs, level 3 is 5 secs level 4 is 4 secs and level 5 is 3 secs. Avoid stepping on the plates.

Plank Games - https://www.youtube.com/watch?v=oiTO_9nSRy0

Materials – Space to play, pieces of paper, 4 rolled up towels to make a tic tac toe board

Plank Tic-Tac-Toe

1. Try to play with a partner (parent or sibling)
2. Create the tic tac toe frame
3. Make a plank and do rock, paper scissors to determine who goes first
4. Continue to plank throughout the entire game.
5. Planks can be done in different ways

Hand Tag

1. You and a partner do a straight arm plank.
2. Do rock, paper scissors to determine who goes first
3. Winner goes first and you get one try each continuously for a set period of time that you determine.
4. Tagging your opponents hand is 1 point for you.

Plank Air Hockey

1. A rolled up clean pair of socks or a lid from a container can be used as the as the puck.
2. Make a straight arm plank.
3. Objective is to slide the puck between your opponent's hands.
4. 1 point for each goal scored.

Played for a period of time that you determine and play 3 periods.

Game Challenge

Toilet Paper Tabata - <https://www.youtube.com/watch?v=yrO92vuN--I>

This video is a workout that lasts about 25 minutes and you will need 4 rolls of toilet paper or 4 tissue boxes and some space to do the workout. You will get a sweat on as it is continuous but you can take breaks if you wish and then rejoin. Make sure to wear comfy clothing like shorts and t-shirt.

Bottle Flip Kan Jam - <https://www.youtube.com/watch?v=FkYW70ZvcqA>

Materials – Deck of cards, rolled up pair of clean socks, a water bottle filled about a quarter or third way filled.

1. Need a partner to play as you work together to complete the activity.
2. Use cards 5-10 and the 4 face cards from two different suits of cards. Ex. Hearts and Spades
3. Hearts are squats and spades could be jumping jacks. You decide on what they mean.
4. Using those 20 cards, make a circle with them around the water bottle.
5. One partner tosses a rolled up socks at the water bottle from a short distance away.
6. If the socks knock the water bottle over the other partner will indicate which card the bottle is pointing to.
7. If it is the 5 of hearts, you both do 5 squats, or if it's the 10 of spades you both do 10 jumping jacks.
8. If it's pointing to a face card, then the person that tossed the socks has to flip the water bottle until it stands right side up.
9. This game can last for a while. Try to hit all the cards. You can challenge you partner to see how can finish all the cards first also

Bottle Flip "Tic-Tac-Toe" - <https://www.youtube.com/watch?v=kIOREu47Dqc>

Materials - 2 water bottles filled a quarter or a third full, 4 towels rolled up length ways and placed like a board or tape to make a tic-tac-toe board, cards with X's and O's on them and a partner.

1. To start the game, decide who is X and who is O.
2. Then both you and your partner must complete 3 jumping jacks to earn 2 flips of your water bottle to get the bottle to stand right side up.
3. You get to put a card down on the board if the bottle stands up. So you could get to put 2 cards down at once if the bottle stands up on both flips.
4. Remember to do 3 jumping jacks after the two flips.
5. Whomever completes a line first on the board wins!
6. Variation: straight arm plank while flipping and placing the X's and O's on the board. Loser has to do a set amount of squats or push-ups but as partners you decide that at the beginning.

Climb the Ladder - <https://www.youtube.com/watch?v=Xtb83ybcuvq>

Materials – A ladder or something to put targets at different heights, plastic cups or targets, a small ball or a rolled up pair of socks, and space to throw

Place the targets at different heights. Choose a distance to throw from. Try to knock the targets over in the shortest amount of time or in the least amount of throws. You may make it harder by stepping away from the targets a little further.

Skee-Ball Challenge – <https://www.youtube.com/watch?v=0akx7ijSYx0>

Materials – A ball, paper, tape, a marker, laundry baskets or card board boxes

1. Line the baskets or boxes in a row.
2. Number the baskets from 1 to however many you have (at least 3 or 4).
3. Cut and or fold another box to make a ramp that will be placed on the first basket or box. It will need to be taped in place.
4. Stand back at a distance that you determine.
5. Roll the ball at the ramp trying to get the ball to fall into one of the baskets.
6. The number on the basket that the ball goes in determines how many points you get.
7. The closer basket or box is 1 point, then next is 2 points etc...
8. Make it harder by stepping further away for the starting point.
9. Remember to stay low and roll the ball without bouncing it.

Stomp Launcher Challenges - <https://www.youtube.com/watch?v=6jW1yJM0r2Y>

Materials – A serving spoon, a spatula, some laundry baskets or card board boxes, a small ball or a clean pair of rolled up socks, balled up piece of paper, some tape and some space to play. **Make sure you have permission to use these kitchen utensils before using them.**

1. Tape the spoon and the spatula together so the working ends are opposite.
2. Place the ball on the spoon.
3. Step on the spatula end to make the ball fly
4. You may need to put something solid under the device to make the ball go higher.
5. Challenge 1 is to stomp and catch the ball
6. Challenge 2 is to stomp, clap and catch the ball
7. Challenge 3 is to stomp, and launch the ball into a target (box).
8. The targets could have a point value to make a competition against another.

Bottle Flip Chaos - <https://www.youtube.com/watch?v=SwjIOTx5ygA>

Materials – A water bottle filled a quarter or a third full and a timer

When the timer starts, you do 3 jumping jacks. Then you get 2 flips. A good flip is a point. Count your points. Once you have completed your 2 flips, do 3 more jumping jacks and flip again. You do the jumping jacks each time to gain the 2 flips. Count your points earned in 1 minute.

Health
“Safety and the Environment”

5 Marks available to be added on your numerical PE from your March report card. All you have to do is complete the assignment at the end and email or snapchat me a picture or pictures of the completed assignment. Remember, I must be able to read the writing or printing, put your name on it as well as putting your name in the text section of snap if using snapchat.

Personal Safety

Building Safe Habits

Your health and safety depend on practicing good safety habits. This means protecting yourself from **injury**, or *physical damage or harm to the body*. Some injuries are intentional—that is, they are the result of violence, in which one person deliberately harms another. Others are **unintentional injuries**, or *injuries caused by unexpected events*.

Many common activities, such as riding a bicycle or cutting fruit with a sharp knife, carry a risk of injury. However, good safety habits can help reduce the risk of an injury. That includes being careful, thinking ahead, and taking precautions. Staying safe means

- **staying away from risky behaviors.** Make the decision to avoid activities that lead to injuries.
- **ignoring peer pressure.** Do not give in to friends who want to take careless chances.

FIGURE 10.1

THE ACCIDENT CHAIN

Unsafe habits can lead to unintentional injury. *How could Tina have avoided this accident?*

- **thinking before you act and taking your time.** Being upset or excited can distract you and cause you to be careless.
- **knowing your limits.** Do not attempt to do more than you can do safely. For example, do not go into deep water if you do not know how to swim.

The Accident Chain

The unexpected events that cause unintentional injuries are known as accidents. Many accidents can be prevented. They often occur because of an **accident chain**, *a sequence of events that often leads to an unintentional injury*. **Figure 10.1** shows the accident chain in action.

Preventing Unintentional Injuries

Like most unintentional injuries, Tina's sprained wrist could have been prevented. She could have broken the accident chain by eliminating one of the first three links:

- **Change the situation.** If the dish had been on a lower shelf, Tina would not have had to climb up to reach it.
- **Change the unsafe habit.** Tina needs to break the unsafe habit of climbing on chairs and countertops.
- **Change the unsafe action.** Tina should always use a sturdy step stool to reach items on high shelves.

Safety at Home and Away

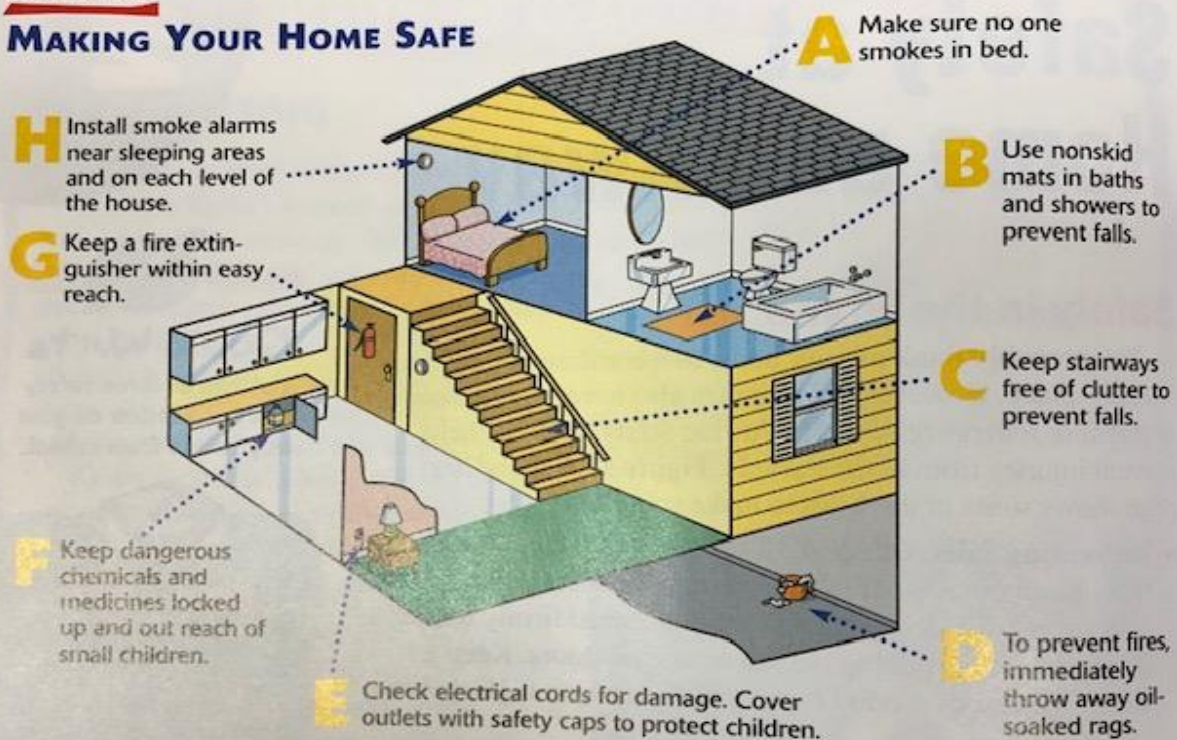
Safety in the Home

You probably think of your home as a comfortable, safe, and friendly place. However, most homes also have some **hazards**, or *possible sources of harm*. Following safety rules can help prevent injuries from home hazards. **Figure 10.2** on the next page shows some of the ways to make your home safer.

- **Preventing falls.** One goal of home safety is to prevent falls. Keep objects off the floor, where someone might trip over them. Always be sure rugs are fastened firmly to the floor and avoid running on wet or waxed floors. Keep a sturdy step stool around for reaching items on high shelves.

FIGURE 10.2

MAKING YOUR HOME SAFE



- **Electrical safety.** To avoid electrical hazards, always pull plugs out by the plug itself, not by the cord. Don't use appliances with damaged cords. In homes with small children, cover unused outlets. Keep electrical products away from water, and never use them if your skin is wet or if you are in a bathtub.
- **Fire safety.** Don't leave food cooking on the stove unattended. Turn pot handles inward, away from the edge. Keep small children away from the stove, and always put matches and cigarette lighters out of reach. In case a fire does occur, each level of the house should have a **smoke alarm**, *a device that makes a warning noise when it senses smoke*. Smother grease fires with a lid or baking soda, never with water. If your clothes catch fire, *stop, drop, and roll*. First, *stop* moving; if you run, the rush of air will fan the flames. Then *drop* to the floor and *roll* to smother the flames.
- **Gun safety.** If guns are kept in the home, they must always be stored in locked cabinets. Bullets should be stored separately. Never handle a gun without adult supervision. Never point a gun at a person.

Safety on the Road

You may encounter hazards on your way to and from home. Sometimes you will be a **pedestrian**, or *a person who travels on foot*. You may also be riding in a car, riding a bicycle, or skating. **Figure 10.3** shows how pedestrians and other travelers can share the road with drivers. Here are some other safety tips:

- **Use proper safety equipment.** Always wear a helmet. When using a skateboard, in-line skates, or a scooter, wear proper pads and gloves. Don't skate or ride a scooter after dark.
- **Dress appropriately.** Wear flat-soled shoes for riding a scooter. When cycling, wear clothes that won't catch in the bicycle chain.
- **Know where to ride.** Don't skate in traffic or in crowded pedestrian areas. Avoid wet, dirty, or uneven surfaces. On a bike, ride with traffic, single file, and obey traffic signals.
- **Be aware of others.** When cycling, check for cars before entering the traffic flow. Always watch for pedestrians.
- **Be visible to others.** Wear bright, reflective clothes. If you ride your bicycle at night, it should have lights and reflectors.
- **Ride carefully.** Keep your speed under control. Know how to stop. When skating, know how to fall properly.

Safety in Schools

Violence is a concern in some schools. Many schools are trying to reduce violence through measures such as:

- Peer mediation and crisis prevention programs.
- Violence prevention programs, which teach students to respect the feelings, opinions, and values of others.
- Counselors to talk to troubled students.
- Student assistance programs.
- Health education classes that teach conflict resolution.
- Police and security officers on campus.

Preventing Violence in Schools

Schools are also taking steps to eliminate guns and drugs, which can both contribute to violence. Some schools have removed lockers or added metal detectors to search for weapons. They may also use security guards, gun- and drug-sniffing dogs, or video cameras on school buses and school grounds. You can help, too. Tell your teacher or principal immediately if you know, or suspect, someone has a weapon or plans to cause trouble. It could save someone's life.

Safety in Communities

To keep the streets safe, some communities have passed stricter laws against guns. They have also increased the punishments for violent crimes. In many areas, people have formed **Neighborhood Watch programs**. In these programs, *police train residents to look for and report suspicious activity in their neighborhood*. Communities may also try to protect teens by creating curfews, drug-free zones, and after-school and summer programs.

You can also help protect yourself. First, don't look like a target. Walk with purpose and confidence. Second, whenever possible, don't travel alone. Third, avoid unfamiliar areas and places that are known to be dangerous.



Safety Outdoors

Being Safe Outdoors

It's always fun to enjoy the freedom of "the great outdoors." Outdoor fun can also be very healthful, as long as you follow some general safety rules.

- **Plan ahead.** Always make sure you have the right equipment and enough food and water.
- **Use the buddy system.** This is an agreement you have with one or more people to stay together.
- **Know your limits.** Be aware of your skills and abilities before you start an activity.
- **Use the proper equipment** for an activity.
- **Check the weather forecast.** Avoid extreme temperatures and electrical storms. Carry plenty of water and remember to wear sunscreen and other protection from the sun.
- **Warm up and cool down.** Warm up before exercising, and cool down afterward.

Water and Boating Safety

Are you a fan of water activities? To avoid injury, you need to learn and follow water safety rules.

- Learn to swim well. Good swimmers are less likely to panic in an emergency.
- Never go in the water alone. Go to beaches or pools that have lifeguards, and always use the buddy system.
- If you ever feel you are in danger of drowning, stay calm. Call for help and use the technique in **Figure 10.4**.
- Use a pole, branch, rope, or life preserver to help someone in trouble. Don't go in the water yourself.
- Check water depth before diving. Never dive into shallow water or an aboveground pool. Take diving lessons.
- Wear a life jacket when boating. Be sure the boat is in good condition, and know how to operate it.
- Keep any boat steady to avoid falling in the water, which puts you at risk for **hypothermia** (hy·poh·THER·mee·uh), *a sudden and dangerous drop in body temperature.*

Hiking and Camping

You can make a hiking or camping trip safer and more fun if you bring the right clothing and equipment. For hiking, you need sturdy, well-cushioned shoes. You should break new shoes in for a few days before wearing them on the trail. If possible, layering two pairs of socks in your shoes can help prevent blisters. You should also wear clothing appropriate for the weather and the season.

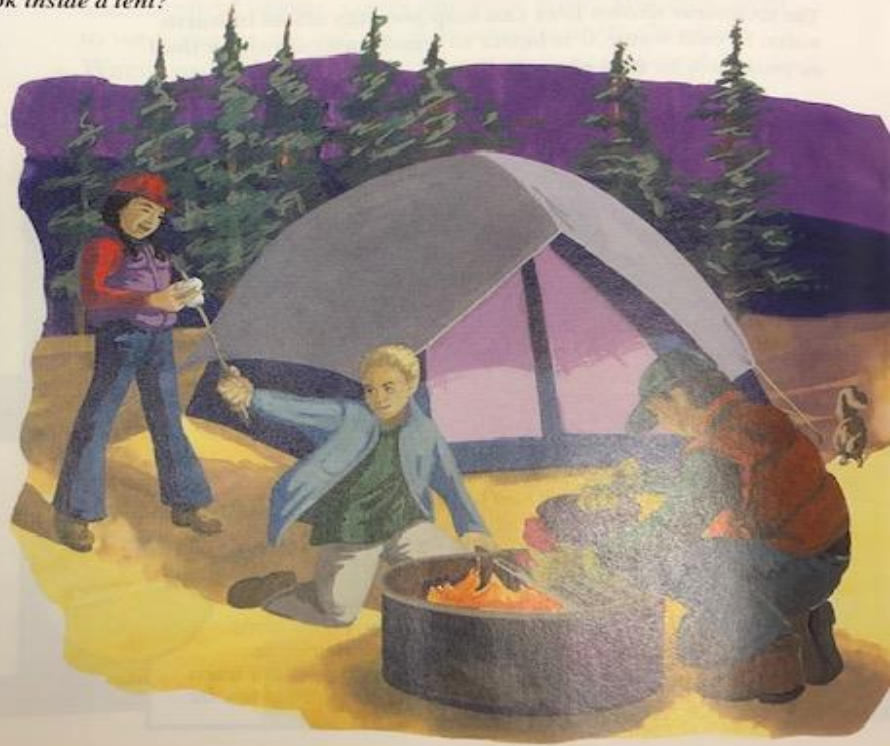
When you go camping, make sure someone knows where you are going and when you plan to return. Carrying a cellular phone or walkie-talkie can help someone find you in an emergency. A compass and a flashlight (with extra batteries) will help prevent you from losing your way. You should also bring along plenty of fresh water and a first-aid kit in case of injuries. **Figure 10.5** shows some more steps you can take to stay safe while camping and hiking.

FIGURE 10.5

HIKING AND CAMPING SAFETY

These steps will help keep you safe while hiking or camping. *Why do you think you should not cook inside a tent?*

- Wear appropriate clothing to protect yourself from exposure to the sun and insects.
- Use proper equipment.
- Never camp alone.
- Stay in legal campsites and on marked trails.
- Learn which plants in the area are poisonous.
- Be aware of insects and animals you may encounter.
- Boil or filter stream or pond water before drinking.
- Never cook inside a tent.
- Keep all campfires in a pit and put them out thoroughly.



Winter Sports

Winter sports, such as ice-skating, skiing, and snowboarding, require the same attention to safety as other outdoor activities. In addition, they require protection against snow and cold. To stay warm, dress in several layers of clothing with a windproof jacket as the outermost layer. Layered clothing will trap warm air next to your body. Always wear a hat and gloves. Complete your outfit with a ski mask or scarf to protect your face.

Before starting a winter sport, check out your location. Be sure that ice is solid before you skate on it. There may be a “thin ice” sign or a red flag posted if the ice is too thin. You should have a clear path before you go downhill skiing or sledding. Ski only in approved, supervised areas.

If the weather is extremely cold, take extra measures to prevent frostbite (the freezing of the skin) and hypothermia. Gloves, boots, and extra socks help protect your hands and feet. If hypothermia or frostbite occurs, treat it at once by taking the person indoors. For hypothermia, cover the person with a blanket. Thaw frostbitten skin by soaking in warm, not hot, water for at least 30 minutes. Get medical help at a ski lodge or from a doctor as soon as possible.

Weather Emergencies

To be safe outdoors, you need to know what to do during unexpected events, such as storms. Being prepared will reduce risks and help you stay safe.

Floods

Floods, the most common of all natural disasters, can occur in all areas. During heavy rains, tune in to local radio or television stations for reports of rising water levels. Never walk or ride in a car through floodwater. You risk being swept away. Downed power lines pose a danger, too. Floodwaters often pollute tap water, so you should drink bottled water. After the flood, clean and disinfect everything that came in contact with the floodwater. Discard all contaminated food. Wear rubber or latex gloves during the cleanup. Make sure the water supply is safe before drinking any.

Earthquakes

An **earthquake** is *the shaking of the ground as rock below the surface moves*. If you are inside when this natural disaster strikes, stay there. Brace yourself in a doorway or crawl under a piece of sturdy furniture. Move away from objects that could fall or shatter. If you are outside during an earthquake, stand in the open. Stay away from buildings, trees, and power lines. Afterward, report any odor of gas that might indicate a leak.



Hurricanes and Tornadoes

A **hurricane** (HER·uh·kayn) is *a strong tropical windstorm with driving rain*. If a hurricane is likely in your area, board up windows and bring in outdoor objects. Stay tuned to weather reports and be prepared to leave the area if necessary.

A **tornado** (tor·NAY·doh) is *a whirling, funnel-shaped windstorm that drops from the sky to the ground*. If a tornado warning is issued in your area, you should go to a storm cellar or basement. If you can't do that, go to a hallway, bathroom, or other inside area without windows. Don't stay in cars or mobile homes. If you are outdoors, try to find a ditch to lie in and cover yourself with a blanket or clothing.

First Aid for Emergencies

What Is First Aid?

Knowing what to do in emergencies is as important as preventing them. Taking the right steps to help an injured person can prevent further injury or even death. **First aid** is the care first given to an injured or ill person until regular medical care can be supplied. A person needs proper training to give first aid. **Figure 10.6** shows the first steps to take in an emergency.

FIGURE 10.6

WHAT TO DO IN AN EMERGENCY

In an emergency situation, you should follow the Red Cross guidelines, which can be remembered with the words “CHECK-CALL-CARE.”

1 CHECK the scene and the victim. To avoid further injury, move the victim only if he or she is in danger. However, do not put your own life at risk to help the victim.



2 CALL for help. In most areas, you can dial 911 for Emergency Medical Services (EMS). If possible, stay with the victim and ask a passerby for help.



3 CARE for the person until help arrives. Use the first aid steps discussed in this lesson to treat the victim's injuries.



Basic Techniques

Some emergencies are life-threatening. For example, a victim's life is in danger if the person has stopped breathing, is bleeding severely, is choking, has swallowed poison, or has been severely burned. These victims often cannot wait for professional help to arrive. By learning a few basic techniques, you may be able to save a life.

If the victim's heart has stopped, medical professionals may perform **cardiopulmonary resuscitation (CPR)**. CPR is *a rescue measure that attempts to restore heartbeat and breathing*. Only people with special training should perform CPR.

Rescue Breathing

You can check for breathing by putting your ear and cheek close to the victim's nose and mouth. Listen and feel for air exhaled. Look to see if the chest is rising and falling. If the victim is not breathing, call for help immediately. Then perform **rescue breathing**, *a substitute for normal breathing in which someone forces air into the victim's lungs*. **Figure 10.7** shows how to perform rescue breathing on an adult. The process is different for infants and younger children.

FIGURE 10.7

RESCUE BREATHING FOR ADULTS AND OLDER CHILDREN

When a victim is not breathing, immediately call 911. Then begin rescue breathing if the person has a pulse.



- 1** Point the victim's chin upward by gently lifting it up with your fingers and tilting the head back. The airway will now be open.



- 2** Pinch the victim's nostrils shut. Cover the victim's mouth with your own, forming a tight seal. Give two slow breaths each about 2 seconds long. Make sure the victim's chest rises during each breath.

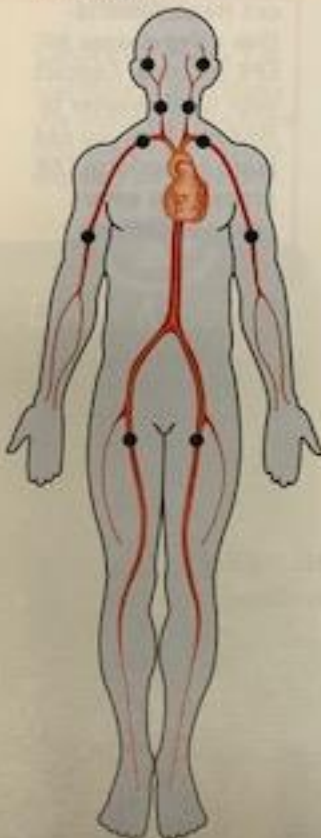


- 3** Watch for the victim's chest to fall and listen for air flowing from the lungs. If the victim begins breathing normally, stop. Otherwise, give one rescue breath every 5 seconds until help arrives.

FIGURE 10.8

LOCATION OF PRESSURE POINTS

The dots in this illustration are pressure points. Applying pressure to the nearest pressure point can help stop the flow of blood to a wounded area.



Bleeding

Nosebleeds, or sudden bleeding from one or both nostrils, are fairly common. Sitting upright and pinching your nostrils with your thumb and forefinger for 10 minutes will stop a common nosebleed.

A much more serious problem is severe bleeding due to injury. Treating bleeding is difficult because it can be dangerous to touch another person's blood. If possible, wear gloves. You can use the following first aid techniques for bleeding:

- Lay the victim down and try to elevate his or her legs to reduce the risk of fainting. If possible, carefully raise the wounded body part above the victim's heart. This technique slows the blood coming from the heart to the wound. Use it only if the body part has no broken bones.
- Apply direct, steady pressure to the wound. Press down firmly on the wound with a clean cloth. If necessary, add more cloth without removing the first cloth.
- At the same time, apply pressure to the main artery supplying blood to the wound. **Figure 10.8** shows several pressure points that can be used to stop bleeding. Push on the pressure point until you feel the bone, and hold the pressure.
- After the bleeding has stopped, cover the wound with a clean cloth to prevent infection. If the victim needs professional medical treatment, leave the bandages in place and get him or her to the emergency room as quickly as possible.

Choking

Choking is a condition that occurs when a person's airway becomes blocked. A choking victim can die in minutes because air cannot get to the lungs. The universal sign for choking—grabbing the throat between the thumb and forefinger—helps you recognize a choking victim. Victims may also gasp for breath or be unable to speak. Their faces may turn red, then bluish.

If an infant is choking, position the victim on his or her abdomen along your forearm, bracing your arm against your thigh. Support the infant's head with your hand, and point the head down. Then give up to five blows with the heel of your hand between the victim's shoulder blades. Sweep your finger through the victim's mouth and remove the dislodged object. If the object is still stuck, turn the victim on his or her back. Support the victim's shoulders and neck with one hand. With

the other, place two fingers in the middle of the child's breastbone and press quickly up to five times. Alternate five back blows and five chest thrusts until the object is dislodged.

To help an adult or older child, ask, "Are you choking?" If the victim nods or does not respond, you can help by using **abdominal thrusts**. Apply *quick upward pulls into the diaphragm to force out the object blocking the airway*. **Figure 10.9** illustrates this technique.

If you are choking and no one is there to help you, make a fist and thrust it quickly into your upper abdomen. This will force out the object blocking your airway. You can also try shoving your abdomen against the back or arm of a chair.

FIGURE 10.9

ABDOMINAL THRUSTS

Use these steps to help a victim who is choking. If the person can talk or cough, or you can hear breathing, don't do anything. *Why might it be dangerous to perform abdominal thrusts on a person who is not choking?*



1 Stand behind the victim. Wrap your arms around his or her waist and bend victim slightly forward. Place your fist slightly above the person's navel.

2 Hold your fist with your other hand and press it hard into the abdomen with an upward thrust. Repeat until the object is coughed up.



Reading Check

Make connections. Summarize the different ways to apply pressure when helping a blocked airway or choking victim.

Poisoning

If you think someone has swallowed poison, seek professional help. Call either 911, your doctor, or a **poison control center**, *a place that helps people deal with poisons*. The inside cover of your telephone book usually gives the number of the center. Follow the directions you receive.

Keep the person warm and breathing while you wait for an ambulance. Remove extra traces of poison from around the victim's mouth with a damp, clean cloth wrapped around your finger. Be sure to save the container of poison. Show it to the ambulance team. Tell them all you know about what happened.

Burns

Burns are identified by how much they damage the skin. Use **Figure 10.10** to help you identify the three types of burns. Note the differences in first aid treatment.

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FIGURE 10.10

TYPES OF BURNS

Different kinds of burns require different treatments. How would you treat a first-degree burn?



A **third-degree burn** is a very serious burn in which deeper layers of skin and nerve endings are damaged. Perform rescue breathing if necessary. Cover the burn with a cool, moist cloth. Do not apply water, ice, or ointments.



A **first-degree burn** is a burn in which only the outer part of the skin is burned and turns red. Cool the burned area with cold water for at least 15 minutes and wrap it loosely in a clean, dry dressing.



A **second-degree burn** is a more serious type of burn in which the burned area blisters or peels. Cool the burn in cold water (not ice) and elevate the burned area. Wrap loosely with a clean, dry dressing. Do not pop blisters or peel loose skin.

Protecting Your Environment

Our Environment

Look around you. Everything you see, plus many other things you cannot see (such as the air), are part of your **environment** (en·VY·ruhn·ment). In fact, *you and all living and nonliving things around you* make up the environment. What types of things do you see in the environment? You see living things like people, plants, and animals. You see rivers, hills, and valleys. You also see schools, homes, and other things made by people.

Pollution

In order for you to remain healthy, you need to live in a healthy environment. Unfortunately, the way people live can damage the environment. **Pollution** (puh·LOO·shuhn) is *the changing of the air, water, and land from clean and safe to dirty and unsafe*. Pollution affects the air you breathe, the water you drink, and the land you live on.

Air Pollution

Some natural events, such as erupting volcanoes, release gases that pollute the air. Other air pollution is caused by humans. Humans damage the air mostly by burning **fossil** (FAH-suhl) **fuels**. These are *the coal, oil, and natural gas used to power the engines of motor vehicles and factories.*

Air pollution can cause your eyes to water, give you headaches, and make you dizzy or tired. It can also damage your lungs, causing diseases that make it difficult to breathe. Air pollution is responsible for a variety of environmental problems.

- **Ozone** (OH-zohn) is a special form of oxygen. A layer of ozone in the upper atmosphere helps to protect the earth from the sun's harmful rays. Certain chemicals in air pollution have begun to damage this protective layer.
- Although the ozone high above the earth protects people, ozone at ground level can be very harmful. It is a major part of **smog**, a yellow-brown haze that forms when sunlight reacts with impurities in car exhaust. Over long periods, breathing smog can cause serious damage to your lungs.
- **Acid rain** is rainfall that contains air pollution from the burning of fossil fuels. Over time, it can destroy large forests, wildlife, and plant life.

Water Pollution

All humans, animals, and plants need water to survive. Water can become polluted in many ways. For example, chemicals dumped in rivers and streams can damage the water supply. Large oil spills foul beaches and harm wildlife. Fertilizers used in farm fields can seep into the water supply. Food, human waste, detergents, and other products washed down drains end up in rivers and oceans.



Water polluted in these ways threatens the life and health of plants and animals alike. People can become sick when they drink polluted water or eat fish that have absorbed these wastes and chemicals. In some parts of the world, unclean water spreads deadly diseases, such as cholera (KAH-luh-ruh) and typhoid. These illnesses threaten whole communities.

Land Pollution

As a good citizen, you do your part to pick up after yourself and properly dispose of wastes. Even properly discarded wastes, however, have to go somewhere (see **Figure 10.11**). Solid wastes often go to landfills. Harmful substances from landfills can leak into the soil and the water supply. Some communities burn their trash. Burning trash can pollute the air, however, so many communities do not allow it.

Some types of waste present special problems. Hazardous wastes can cause serious illnesses or environmental damage. They include plastics, paints, acids, and chemicals used to kill insects. Nuclear wastes, the chemicals left over from nuclear power plants and factories, can be very dangerous. They sometimes take thousands or even millions of years to break down naturally.

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What You Can Do

You can do your part to dispose of trash by reducing the amount you create. The best way to do that is by reusing as many items as possible. Also, recycle whatever you can.

Recycling means *recovering and changing items so they can be used for other purposes.*

Protecting the Air

Exhaust from motor vehicles is a major source of air pollution. Driving less, therefore, is one way to help clean up the air. You and your family might use buses, trains, or subways instead of driving. You can also walk, take your bicycle, or carpool to cut the number of cars on the road.

Another way to help is by conserving energy. **Conservation** is the *saving of resources.* If we burn less fossil fuel for energy, we create less air pollution. Your family can conserve energy by turning off electric lights and appliances when they are not in use. You can also seal off leaks around windows and doors that can let heat escape. Keep windows closed while the heat or air conditioning is on. Towel dry or air dry dishes instead of heat drying them in a dishwasher.

Protecting the Water

Do you turn the water off while you brush your teeth? If you do, you are helping to protect our water supply by using less of it. You can also save water by taking shorter showers and repairing leaky faucets.

To keep our water clean, you and your friends can remove litter from rivers and lakes. Also try to use cleaning supplies that are **biodegradable** (by-oh-di-GRAY-duh-buhl) or *able to break down naturally without causing pollution.* Any detergents and cleaning supplies you dump down the drain end up in our rivers, lakes, and oceans.

You can help keep the air and all the other parts of our environment clean and safe. *How are these teens helping to prevent air pollution?*



Reducing Waste

If you want to cut down on the amount of trash you create, there are three basic steps you can take: reduce, reuse, and recycle.

- **Reduce.** Buy products that have less packaging to throw away. Also, consider whether you need an item at all. Maybe something you already have would do just as well.
- **Reuse.** Use items more than once. For example, a glass can replace several paper cups. You can also reuse items in new ways, such as turning a glass bottle into a vase.
- **Recycle.** Everyday materials such as glass, paper, and aluminum can be used to manufacture new items.

To help make recycling successful, people must buy recycled products. These products are often labeled with the recycling symbol shown in **Figure 10.12**. By buying these goods, you “complete the cycle.”

FIGURE 10.12

REDUCE, REUSE, RECYCLE

The recycling symbol is made up of three arrows. It reminds you that one item can be used many times. Look for the recycling symbol on products you buy.



Assinment Questions

Complete the Questions and email or snap the answers to me.

Vocabulary Words: Fill in the blanks

Accident Chain	Injury	Drowning	Unintentional Injuries
Pedestrian	Tornado	Hurricane	Neighborhood Watch Program
Falls	Earthquake		

1. Injuries caused by unexpected events are known as _____.
2. Good safety habits protect you from _____, or physical harm.
3. Changing an unsafe habit is one way to break _____.
4. A(n) _____ is a person who travels on foot.
5. In a(n) _____, police train residents to look for and report suspicious activity in their community.
6. Keeping objects off of the floor is a good way to prevent _____.
7. The six steps of _____ are: stay calm, get ready, raise your head, take a breath, go below the surface and take a rest.
8. A(n) _____ is the shaking of the ground as rock below the surface moves.
9. A strong windstorm with driving rain is called a(n) _____.
10. If you are warned of a(n) _____ in your area, go down to a storm cellar or the basement.

True /False: Write TRUE (T) or FALSE (F) in the blank space provided.

1. _____ Cardiopulmonary resuscitation (CPR) is a substitute for normal breathing in which someone forces air into the victim's lungs.
2. _____ Applying pressure to a main artery can help stop severe bleeding.
3. _____ You can help an adult who is choking by giving abdominal thrusts.
4. _____ A poison control center is one place that helps people deal with poisons.
5. _____ In a third degree burn, only the outer part of the skin turns red.
6. _____ You and the living and the non-living things around you make up the environment.

7. _____ When the air, water and land change from clean and safe to dirty and unsafe, it is known as conservation.
8. _____ Smog forms when sunlight re-acts with impurities in car exhaust.
9. _____ Turning off electric lights and appliances when they are not in use is an example of recycling.
10. _____ Everyday materials such as aluminum, glass and paper cannot be recycled.

Thinking Critically: Using complete sentences, answer the following questions.

1. Identify three (3) possible causes of accidents in the kitchen?
2. Why is it important to be aware of your limits before engaging in an activity such as boating?
3. What is your opinion on allowing student lockers to be searched for drugs and weapons?
4. A friend has burned his arm with hot chocolate. His skin has blisters. What degree of burn is this and what kind of first aid is needed?
5. Which is better for the environment: to buy individual serving packages of snacks and meals or to buy larger packages? Why?