

CONESTOGA HIGH SCHOOL REVISED EEPE PLAN SEMESTER II - 2020

In an effort to offer students additional opportunities to meet Conestoga's EEPE 30-hour requirement, we have developed at-home / online activities during this time of school closure due to COVID-19. Fulfilling your EEPE requirement is dependent on the number of hours that can be verified prior to the school closure. ***Students are still required to complete 30 hours.*** We are now providing new opportunities divided into three categories which can be completed at home: Physical, Health and Mental Health.

Below are the guidelines to complete your EEPE hours based on what you have already completed. You are to review the chart below and select the activities to complete your hours needed and list them on the EEPE Verification Sheet. Any written materials should be submitted to Schoology with your name and the appropriate category by the new date of May 15, 2020.

Steps for completion of EEPE course:

1. Review how many verified hours you have completed.
2. Deduct the number of verified hours completed from the 30 hours required, and this will give you the number of hours needed to fulfill the EEPE course requirements.
3. Once you determine the hours needed to fulfill the requirement, review the chart below to see how many activities must be completed under the three categories listed.
4. Select the activities that you will perform to fulfill the requirement and list them on the Alternative Verification Form.
5. Once you complete the required activities and have 30 hours total, complete the Alternative EEPE Verification Form and submit it through Schoology. You must submit each reflection in one Microsoft Word document through Schoology.

For example:

- 1- If you have completed 30 or more verified hours of EEPE, you have fulfilled the requirement. Simply submit the Verification Form through Schoology by May 15, 2020.
- 2- If you have completed 13 hours of verified EEPE before the closure, you need to complete 4 selected physical activities from the website listed below, 2 health related activities with reflections and 1 mental health reflection activity.
- 3- If you have not completed any verified hours of EEPE, you need to complete 6 selected physical activities from the website listed, 4 health related activities with reflections and 2 mental health reflection activities.

<u>If you need:</u>	<u>Physical Activity</u>	<u>Health (Non-Physical)</u>	<u>Mental Health</u>
0-10 Hours	2	1	1
11-20 Hours	4	2	1
21-30 Hours	6	4	2

Activities

Physical

Please select your physical activities from the Fitness Challenge website:

<https://darebee.com/challenges.html>

Health (Non-Physical)

Please select from the health-related activities below. A reflection paragraph(s) must be completed for each of the videos / articles you complete in order to fulfill the EEPE requirement.

Reflection on Video(s):

- 1) Catching Kayla: <https://youtu.be/1dvKjPzU39o>
- 2) Rob Mendez: Football Coach: https://youtu.be/kXEruspKD_Q
- 3) The Finish Line: <https://youtu.be/OrTiDxd-4iY>
- 4) Miraculous--The Austin Hatch Story: <https://youtu.be/AmKUUpj97ZB8>

Reflection on Article(s):

1. Famous quotes from sports: Choose (3) quotes: <https://www.lifhack.org/294074/15-inspirational-sports-quotes-get-you-going>

Your response should list each quote and explain why it was meaningful to you. How do you relate this to your own life?

2. Leadership lessons learned through sports: <https://www.google.com/amp/s/www.psychologytoday.com/us/blog/cutting-edge-leadership/201810/5-leadership-lessons-professional-sports%3famp>

Your response should be a reflection of the article including your thoughts and reaction. Explain a personal situation in which one of these lessons has applied to your personal sports experience.

Mental Health

Being thankful for something or someone is called showing gratitude. We show gratitude when we outwardly recognize our appreciation for someone or something that has affected us. Actions like this can greatly improve our outlook and attitude as well as improve the daily value and life of another. The satisfaction of simply acknowledging someone's hard work or talents can improve the quality of their life, boost their confidence and affect your own happiness and well-being.

Key Points:

- Gratitude allows you to become more aware of the good things that are happening in your life on a day to day basis, and with repetition, can take your

focus off of what you perceive as the negative aspects of any situation. The purpose of gratitude is to put you into a mind-set of finding that you have good, positive things happening to you in your life, and shifts the focus from what you perceive to be negative. It's no secret that life can be difficult, but you can find the good in any situation.

- By shifting the focus from the negative aspect of a situation, you are able to see more clearly the positive things that can come out of the same situation, which in turn puts you into a more elevated state that can lead to more positive things happening.
- While you are doing this procedure, you are automatically rewriting the negative script that may be in your subconscious and replacing it with positive and productive ideas and words that can lead to more positive and productive outcomes.

Gratitude Activity 1: Quarantine Reflection

Your assignment has 2 parts:

- 1 - Reflect on the recent days and **describe** one thing you have been doing to keep yourself in optimal health. How has this helped you? This is a short answer response (2-3 sentences).
- 2 - Practicing Gratitude: Write three things you are grateful for (people, places, objects, feelings). This should be a paragraph response (5-6 sentences).

Gratitude Activity 2: Grateful Reflection

Please select 2 writing prompts from below and respond in complete sentences. Your answers should be at least 3 sentences each. You should write your answers in a Microsoft Word document and upload your responses to Schoology.

- Who is someone who has really helped you this week or a prior week.
- What are 3 ways to say “thank you” without using the words thank you?
- Talk about the ways a family member makes your life better.
- What is your favorite activity to do?

Gratitude Activity 3: Write a Letter to Someone Special

- Most everyone enjoys being thanked for a job well done, or for doing a favor for a friend, or for just being a special person in our lives. While most of us remember to say “thank you” to others, sometimes our “thank you” is said so casually or quickly that it is may become meaningless.
- In this exercise, you will have the opportunity to express your gratitude in a very thoughtful manner. Think of the people—parents, grandparents, siblings,

friends, coaches, teammates, and so on—who have been especially kind to you but whom you have never properly thanked. Choose one person you would like to thank for this assignment.

- Your task is to write a gratitude letter (a letter of thanks) to this individual and be prepared to deliver your letter to them. The letter should be specific about what this person did that affected your life positively. This person deserves your best effort!
- If you are in the same home, talk to your person. This exercise is much more fun when it is a surprise to the person you are thanking. If you cannot meet with your person, you could deliver the message over FaceTime or a phone call, or you could mail the letter. In this assignment, we will explore how to write a gratitude letter. But before we begin, let's take a quick moment to review what gratitude is. Gratitude is an emotion expressing appreciation for what one has, as opposed to what one wants, according to Psychology Today. Furthermore, Harvard Medical School offers that gratitude is a thankful appreciation for what one receives – tangible or intangible — as they acknowledge the goodness in their lives.

Now let's look at writing a gratitude letter. If you've never done it before, that's okay! This information will help you get started.

Begin by thinking about someone who has done or said something (tangible or intangible) that made a difference in your life. Below are suggestions for writing your letter:

1. Write as though you are addressing this person directly, "Dear _____."
2. Describe in specific terms what this person did, why you are grateful to this person, and how this person's behavior affected your life. Try to be as concrete as possible.
3. Describe what you are doing in your life now and how you remember this person's efforts or how this person's efforts impact your life now.
4. Your letter should be roughly one page (approximately 200 - 300 words).

Remember that the key to gratefulness is simple – it's practice. The more you integrate gratitude into your life, the easier and more routine it will become. It won't take long for you to notice a change in yourself and others.