

High School Health and Wellness / Physical Education Enrichment Opportunities

Grade 9

Nova Science Now: Brain Trauma - In this video segment adapted from NOVA scienceNOW, learn about concussions—a common type of traumatic brain injury. Hear from Reed Snyderman, a young athlete who describes his personal experience with concussion. In addition, meet Dr. Jam Ghajar, a neurosurgeon and international expert in brain injuries, who explains why concussions are difficult to diagnose and demonstrates a new tool that can help assess brain injury.

<https://www.pbslearningmedia.org/resource/oer09.sci.life.stru.braintrauma/brain-trauma/>

Grade 10, 11 and 12

Concussions: Answers in the Blood? / Payton's Story - Payton's story is designed to put a face to the *Concussion: Answers in the blood?* video about concussion research being conducted at the University of Montana. Payton is a collegiate soccer player who has been diagnosed with concussion and this clip follows her story. She ultimately decides to return to her sport.

<https://www.pbslearningmedia.org/resource/aba3ef75-203a-4dd0-a73b-5f38e3199335/concussions-answers-in-the-blood-paytonss-story/>

Grades 9-12

Kids Health: Click on the “for Teens” tab for Enrichment Learning Activities in a variety of Health/Wellness and Physical Education topics including:

- Body
- Mind
- Food & Fitness
- Diseases and Conditions
- Infections
- Drugs & Alcohol
- School & Jobs
- Sports
- Staying Safe

<https://kidshealth.org/#cattake-care>

TedEd: Discover video-based lessons exploring a variety of Health/Wellness and Physical Education topics including:

- Growth & Development
- Medical Conditions
- Consumer Health
- Public Health
- Nutrition
- Physical Fitness
- Emotional Health

<https://ed.ted.com/>