

ACTIVE HOME PHYSICAL EDUCATION: HIGH SCHOOL FITNESS FORWARD

Complete the activity with a friend or family member. Don't forget to log your daily physical activity time.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
My Learning Goals	I will complete days 29 and 30 of the HIIT Challenge in order to follow my fitness plan.	I will use the Fitness Forward choice board to stay active and healthy.	I will work to support the wellness goals of my family and friends.	I will choose nutrition options from the Fitness Forward choice board to improve my overall wellness.	I will reflect on the relationship between physical activity, good nutrition, and emotional health.
Today's Vocabulary	FITNESS PLAN A course of action to reach a desired level of fitness, typically including an exercise schedule and approach to nutrition.	CHOICE BOARD A chart of exercises, activities, or learning tasks providing options that students can choose from in completion of an assignment.	SUPPORT To give assistance. To empower another through help or encouragement.	WELLNESS A state of being in good health.	RELATIONSHIP The way in which two or more people (places, things, objects) are connected.
Warm-Up Activity	Healer Warm-Up (Darebee.com)	Healer Warm-Up (Darebee.com)	Healer Warm-Up (Darebee.com)	Healer Warm-Up (Darebee.com)	Healer Warm-Up (Darebee.com)
Learning Focus Activity	Activity 1: 30 Days of HIIT (DAY 29)	Activity 2: 30 Days of HIIT (DAY 30)	Activity 3: Fitness Forward Choice Board	Activity 4: Fitness Forward Choice Board	Activity 5: Fitness Forward Choice Board
Daily Movement Activity	Darebee Yoga Flow	Darebee Yoga Flow	Darebee Yoga Flow	Darebee Yoga Flow	Darebee Yoga Flow
Refocus	Choose a Guided Meditation	Choose a Guided Meditation	Choose a Guided Meditation	Choose a Guided Meditation	Choose a Guided Meditation
Did You Complete the Fitness Log?	Yes or No	Yes or No	Yes or No	Yes or No	Yes or No
How am I feeling today?	😊 😜 😞	😊 😜 😞	😊 😜 😞	😊 😜 😞	😊 😜 😞



Fitness Forward Choice Board

Pick an activity below. This week do 10 out of 12 activities to meet your physical education requirement.
 During Summer Vacation, keep this choice board on your wall for ideas for staying healthy and active.

Student Name:

<p>Hydrate with Water! Thirsty? That means your body needs WATER! Don't grab drinks with added sugar – grab good old-fashioned water.</p>	<p>TABABTA HIIT WORKOUT 1) Jumping Jacks (20 Sec) 2) Planks (20 Sec) 3) Jumping Jacks (20 Sec) 4) Push-Ups (20 Sec) 5) Jumping Jacks (20 Sec) 6) Burpees (20 Sec) 7) Jumping Jacks (20 Sec) 8) Planks (20 Sec)</p>	<p>Fruit is the original snack food! For an entire day, eat fruit as your snacks. Skip all the other snacks and focus on fruits.</p>	<p>20 Min RUN-WALK HIIT 1) Walk (2 Mins) 2) Run (1 Min) 3) Walk (3 Min) 4) Run (2 Min) 5) Walk (4 Min) 6) Run (3 Min) 7) Walk (5 Min)</p>
<p>Choose any HIIT Workout from the Darebee 30-Days of HIIT Challenge</p>	<p>Crunch your Veggies! Today is a veggie snack day. Grab the crunchy stuff – like carrots or celery – and crunch today's snacks.</p>	<p>BURPEE TABATA 20 Seconds of Burpees 10 Seconds of Rest Repeat 8 times.</p>	<p>Try something new! Eating a variety of foods from all food groups is really important. Today, try a healthy food that you've never tried before.</p>
<p>Walk and DON'T talk. As you walk, listen to the sounds of the world around you. Pay attention to natural sounds, machine sounds, and human sounds. Wow – the world is a really interesting place to listen.</p>	<p>Your activity choice! Living a healthy and active lifestyle is all about making personal activity choices. You know what you like to do to <u>safely</u> move your body. Go do that for at least 15 minutes.</p>	<p>JUMPING JACK TABATA 20 Seconds of Jumping Jacks 10 Seconds of Rest Repeat 8 times.</p>	<p>Take a 15-minute WOG! A WOG is a combination of WALK and JOG. Begin walking. Then, lean forward and pick up the speed just a little. It's okay to take short, quick steps. If you can go 1 mile in just under 15 minutes, then you've set a good WOGGING pace.</p>

Highlight each choice-board square that you complete and then submit your completed board to your physical education teacher.

30 Days of HIIT

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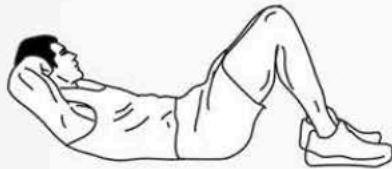
Day 29 | Ab Work

Level I 3 sets

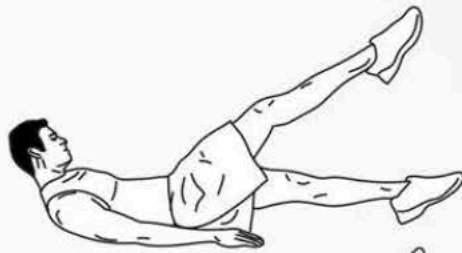
Level II 4 sets

Level III 5 sets

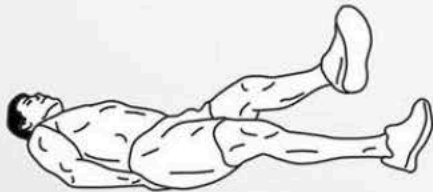
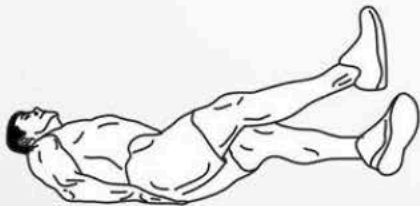
1 minute rest between sets



15sec crunches



15sec flutter kicks



15sec scissors



15sec knee-to-elbow crunches

30 Days of HIIT

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Day 30 | Cardio HIIT

Level I 3 sets

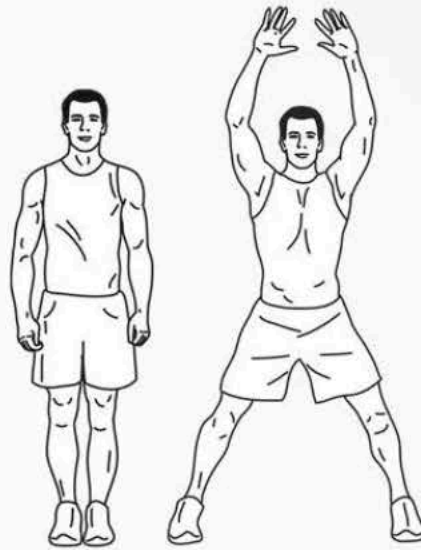
Level II 5 sets

Level III 7 sets

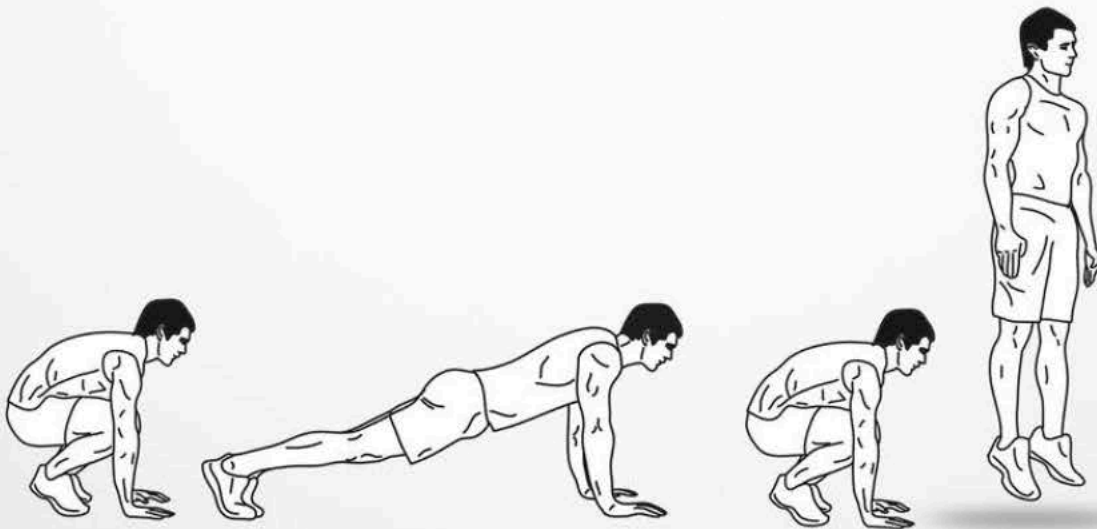
1 minute rest between sets



20sec high knees



20sec jumping jacks



20sec basic burpees