
















**ACTIVE HOME PHYSICAL EDUCATION: MIDDLE SCHOOL 30 Days of High Intensity Interval Training**

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
<b>My Learning Goals</b>	I will work to develop both health- and skill-related fitness while actively engaging in daily HIIT challenges.	I will discuss the benefits of core conditioning exercises as they relate to overall muscular fitness.	I will discuss the relationship between good nutrition and fewer health risk factors.	I will work in the Heart Health Zone as I stay active with an elevated heart rate.	I will adjust my fitness plan in a way that helps me maintain an active lifestyle.
<b>Today's Vocabulary</b>	<b>SKILL-RELATED FITNESS</b> A group of 6 psychomotor characteristics that contribute to a person's ability to complete a physical performance	<b>MUSCULAR FITNESS</b> The combined ability of a muscle to demonstrate strength and endurance.	<b>PERCEIVED EXERTION</b> How hard an individual feels her/his body is working during a bout of physical activity or exercise.	<b>HEART RATE ZONE</b> A BPM range, measured as a % of Max HR, identified because of health benefits associated with an intensity in that range.	<b>FITNESS PLAN</b> A course of action to reach a desired level of fitness, typically including an exercise schedule and approach to nutrition.
<b>Warm-Up Activity</b>	<a href="#">Healer Warm-Up</a> (Darebee.com)	<a href="#">Healer Warm-Up</a> (Darebee.com)	<a href="#">Healer Warm-Up</a> (Darebee.com)	<a href="#">Healer Warm-Up</a> (Darebee.com)	<a href="#">Healer Warm-Up</a> (Darebee.com)
<b>Learning Focus Activity</b>	<b>Activity 1:</b> <a href="#">30 Days of HIIT</a> (DAY 15) Complete Fitness Planning Journal Page	<b>Activity 2:</b> <a href="#">30 Days of HIIT</a> (DAY 16) Complete Fitness Planning Journal Page	<b>Activity 3:</b> <a href="#">30 Days of HIIT</a> (DAY 17) Complete Fitness Planning Journal Page	<b>Activity 4:</b> <a href="#">30 Days of HIIT</a> (DAY 18) Complete Fitness Planning Journal Page	<b>Activity 5:</b> <a href="#">30 Days of HIIT</a> (DAY 19) Complete Fitness Planning Journal Page
<b>Daily Movement Activity</b>	<a href="#">Darebee Yoga Flow</a>	<a href="#">Darebee Yoga Flow</a>	<a href="#">Darebee Yoga Flow</a>	<a href="#">Darebee Yoga Flow</a>	<a href="#">Darebee Yoga Flow</a>
<b>Refocus</b>	Choose a <a href="#">Guided Meditation</a>	Choose a <a href="#">Guided Meditation</a>	Choose a <a href="#">Guided Meditation</a>	Choose a <a href="#">Guided Meditation</a>	Choose a <a href="#">Guided Meditation</a>
<b>Did You Complete the Fitness Log?</b>	<b>Yes or No</b>	<b>Yes or No</b>	<b>Yes or No</b>	<b>Yes or No</b>	<b>Yes or No</b>
<b>How am I feeling today?</b>	  	  	  	  	  



## High Intensity Interval Training Fitness Reflection Journal

**This is week 3** of our 30-day fitness journey that integrates HIIT training into your lifestyle and allows you to reflect on your personal wellness goals.

Personal wellness includes physical, mental, emotional, and social well-being. Regular physical activity is a key ingredient to maintaining a good health balance in each of those areas.

What is HIIT Training? High Intensity Interval Training is a form of exercise characterized by a series of short bouts of vigorous exercise followed by periods of rest or moderate exercise. HIIT Training is ideal for people with busy lives because you can complete a workout in as little as 4 minutes (TABATA Style). This allows you to find time for HIIT movement breaks throughout the day in order to accumulate a total activity time of 60 minutes or more.

You can use any safe and well-designed HIIT challenge with this reflection journal. We recommend the [30-Days of HIIT program from Darebee.com](https://www.darebee.com/30-days-of-hiit-program). This program requires no equipment and provides day-by-day workout sheets for you to follow along with.

After you have completed your HIIT workout for the day, return to this journal and use the writing prompts to reflect on your personal fitness journey. This journey is one that you will be on for the rest of your life. There will be times when the road is easy to travel. There will be other times when you will encounter obstacles and challenges. The most important advice that we can give you is to keep moving and never give up on your fitness journey.

### Let's do the Heart Rate math!

Heart rate zones are ranges of heart beats per minute in which your heart and your cardiorespiratory system receive different health enhancing benefits.

A formula for calculating your approximate Max Heart Rate (HR) is  $220 - (\text{your age})$ . For example, the Max HR of a 15-year-old is  $220 - 15 = 205$  beats per minute (BPM).

For HIIT training we're going to focus on a very large Heart Health Zone which is 60% to 90% of your Max HR. *You can calculate your exact range if you would like to.*

Or, you can use our estimated range of 120 BPM to 180 BPM.

**During HIIT workouts, maintain a heart rate  
within the zone of **120 to 180 BPM**.**



## DAY 15

### LEARNING OUTCOMES:

- I will work to develop both health- and skill-related fitness while actively engaging in daily HIIT challenges. (S3M7)
- I will analyze the way that selected skill-related fitness components impact my personal goals. (S3H12)

### VOCABULARY FOCUS:

**Skill-Related Fitness:** A group of 6 psychomotor characteristics that contribute to a person's ability to successfully complete a physical performance. The 6 components of Skill-Related Fitness include Agility, Balance, Coordination, Power, Reaction Time, and Speed.

### JOURNAL WRITING PROMPTS:

- In the past week, how many components of skill-related fitness have you used in daily activities? What were those activities?
- Today's HIIT workout includes reverse lunges. What skill-related fitness component is most relevant to this exercise? Explain why you chose that component.
- If you could choose 1 skill-related fitness component to be given super-hero-like ability for – which component would it be and why?



## DAY 16

### LEARNING OUTCOMES:

- I will discuss the benefits of plank as it relates to overall muscular fitness. (S3M10)
- I will discuss the way in which plank fits into a well-rounded personal fitness program. (S3H3)

### VOCABULARY FOCUS:

Muscular Fitness: The combined ability of a muscle to demonstrate strength and endurance.

### JOURNAL WRITING PROMPTS:

- Was Day 16's HIIT challenge focused on muscular strength or muscular endurance?
  
  
  
  
  
  
  
  
  
  
- Provide evidence to support your answer above.
  
  
  
  
  
  
  
  
  
  
- In your own words, what are the benefits to performing core conditioning exercise?



## DAY 17

### LEARNING OUTCOMES:

- I will discuss the relationship between good nutrition and fewer health risk factors. (S4M17)
- I will discuss healthy snacking as an important component of a healthy lifestyle. (S5H2)

### VOCABULARY FOCUS:

Lifestyle: The way in which a person lives. A way of life.

### JOURNAL WRITING PROMPTS:

- What are the 5 food groups?
  
  
  
  
  
  
  
  
  
  
- Name one example food from each of the 5 groups.
  
  
  
  
  
  
  
  
  
  
- Why is it important for you to eat food from all 5 food groups?
  
  
  
  
  
  
  
  
  
  
- Imagine you're building a healthy and delicious meal that includes food from all food groups. List the foods that you would choose to eat in this amazingly tasty meal.



## DAY 18

### LEARNING OUTCOMES:

- I will work in the Heart Health Zone (120 to 180 BPM) while being mindful of my perceived exertion as I stay active with an elevated heart rate. (S3M3)
- I will use the Rate of Perceived Exertion Scale to analyze and reflect on my effort and intensity during HIIT workouts. (S3H3)

### VOCABULARY FOCUS:

Perceived Exertion: How hard an individual feels her/his body is working during a bout of physical activity or exercise.

### RPE Scale (Rate of Perceived Exertion)

- **10 = Max Effort Activity**  
It feels almost impossible to keep going. I'm completely out of breath and can't talk. I can't keep this up for long.
- **9 = Very Vigorous Activity**  
It's really hard to maintain this intensity. I can barely breathe and can only speak a few words at one time.
- **7–8 = Vigorous Activity**  
This is almost uncomfortable. My breathing is very heavy but can speak a full sentence.
- **4–6 = Moderate Activity**  
My breathing is heavy but can hold a short conversation. I'm not uncomfortable, but I can feel the challenge in the activity.
- **2–3 = Light Activity**  
I can maintain this activity for hours. It's easy to breathe and carry on a conversation.
- **1 = Very Light Activity**  
I don't have to try hard at all, but I'm not watching TV or taking a nap.

### JOURNAL WRITING PROMPTS:

- Use the RPE Scale to rate the intensity of your HIIT workout. What number on the scale would you give your Day 2 workout?
- The goal of HIIT training is to give you a dose of Vigorous Activity (7–8 on the RPE Scale) Activity in that range should match the targeted Health Heart Zone. Did your RPE rating and your heart rate match?
- What can you do in tomorrow's workout to increase the intensity of the exercise?
- What can you do in tomorrow's workout to decrease the intensity of the exercise?



## DAY 19, DAY 20, and DAY 21

### LEARNING OUTCOMES:

- I will adjust my fitness plan in a way that helps me maintain an active lifestyle. (S4M1)
- I will identify strategies for staying active and will describe why I enjoy being active. (S5H2)

### VOCABULARY FOCUS:

**Fitness Plan:** A course of action to reach a desired level of fitness, typically including an exercise schedule and approach to nutrition.

### JOURNAL WRITING PROMPTS:

- This journal entry will help you map out a fitness plan for the next 3 days. Use this page to plan and reflect on your weekend HIIT workouts.

- Give a specific time on Saturday that you will dedicate to your HIIT workout.

- Give a specific time on Sunday that you will dedicate to your HIIT workout.

- Use the Rate of Perceived Exertion Scale to rate the intensity of your workouts.

Saturday's RPE =

Sunday's RPE =

- How is the plan described above different from last weekend's plan?

- If it is different, why did you make the changes for this weekend?

# 30 Days of HIIT

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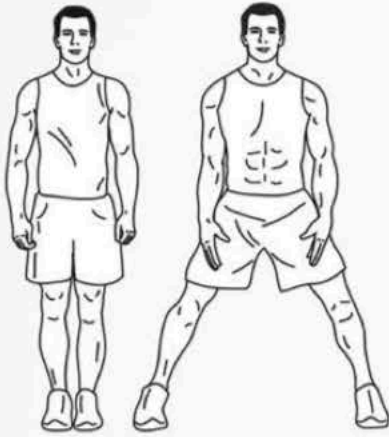
## Day 15 | Cardio HIIT

Level I 3 sets

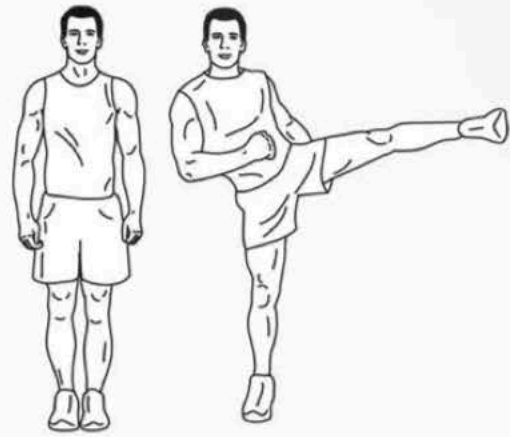
Level II 5 sets

Level III 7 sets

1 minute rest between sets



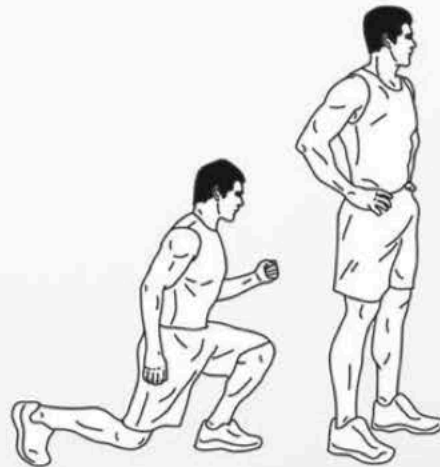
**15sec** half jacks



**15sec** side leg raises



**15sec** high knees



**15sec** reverse lunges



# 30 Days of HIIT

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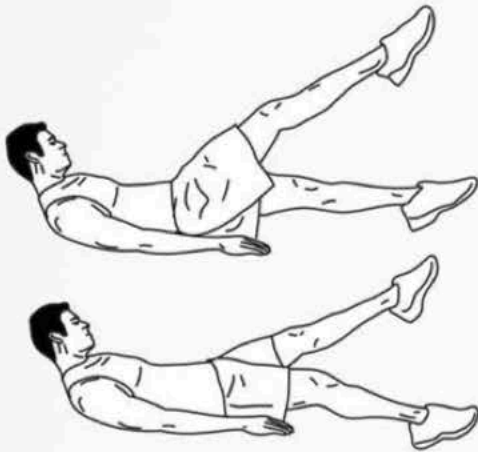
## Day 16 | Ab Work

Level I 3 sets

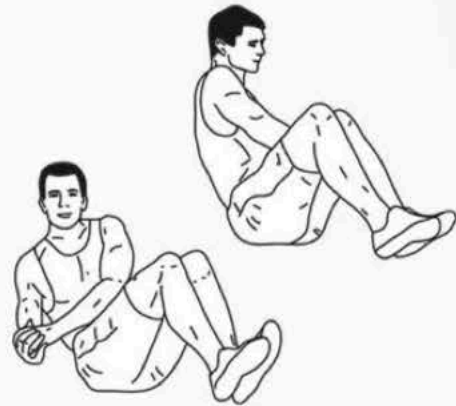
Level II 4 sets

Level III 5 sets

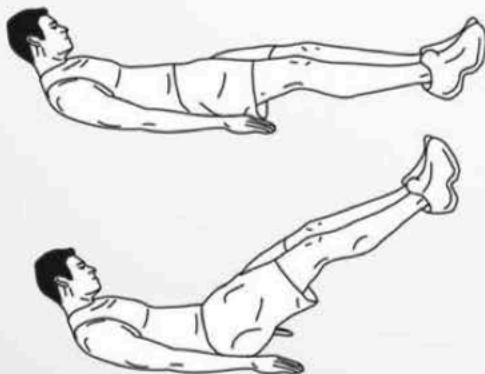
1 minute rest between sets



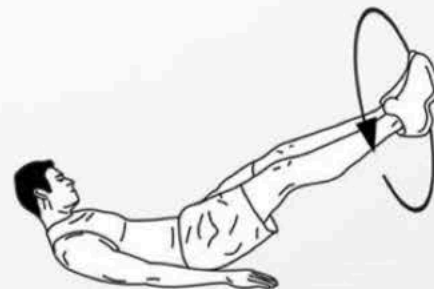
**15sec** flutter kicks



**15sec** sitting twists



**15sec** leg raises



**15sec** raised leg circles

# 30 Days of HIIT

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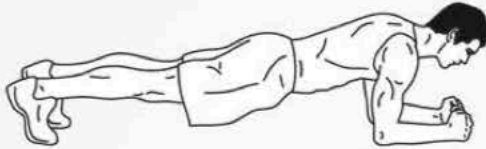
## Day 17 | Active Plank

**Level I** 1 set

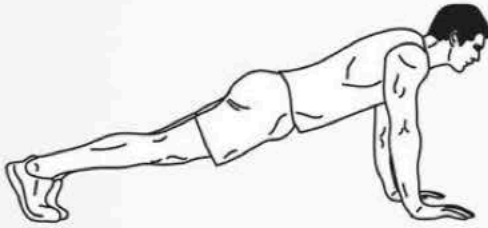
**Level II** 2 sets

**Level III** 3 sets

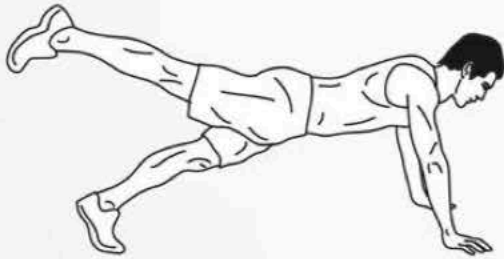
Move from one plank to the next with no rest in between; 2 minutes rest between sets



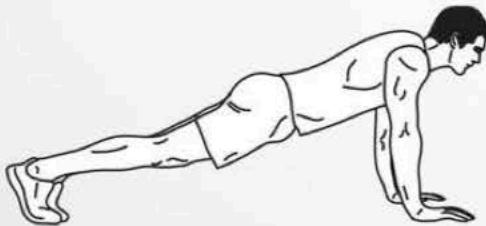
**10 second** elbow plank



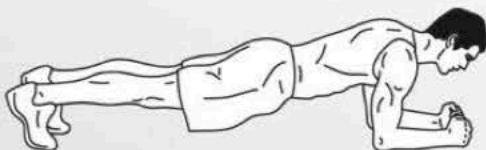
**20 second** plank



**30 seconds** raised leg plank  
(15 seconds each leg)



**20 second** plank



**10 second** elbow plank

# 30 Days of HIIT

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## Day 18 | High Knees

Level I 3 sets

Level II 4 sets

Level III 5 sets



**30 seconds**

**30 seconds**

30 seconds rest

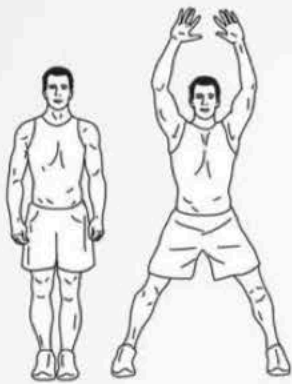
60 seconds rest

# 30 Days of HIIT

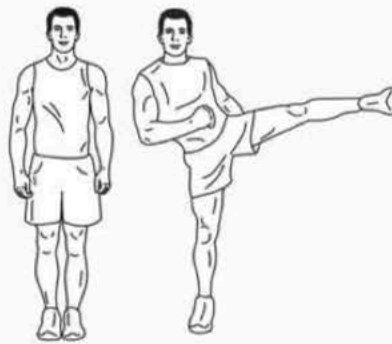
Day 19 | One & One

1 minute each exercise;  
1 minute rest between exercises

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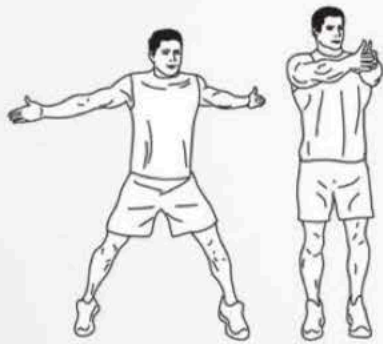
1. jumping jacks



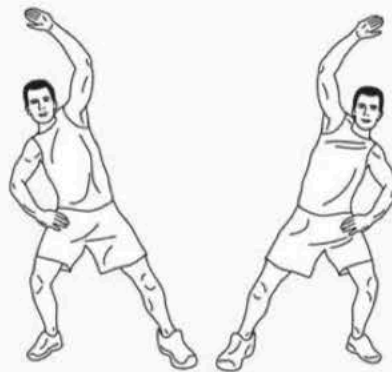
2. side leg raises



3. reverse lunges



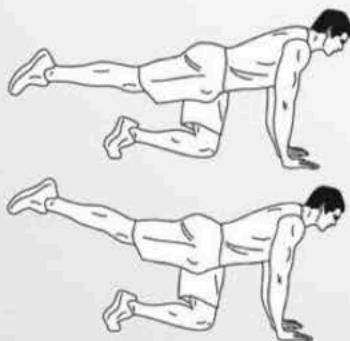
4. seal jacks



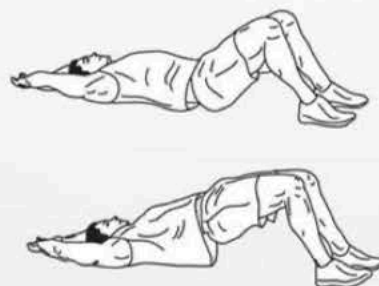
5. side jacks



6. calf raises



7. raised leg swings



8. bridges



9. side leg raises

# 30 Days of HIIT

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Day 20 | Cardio HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

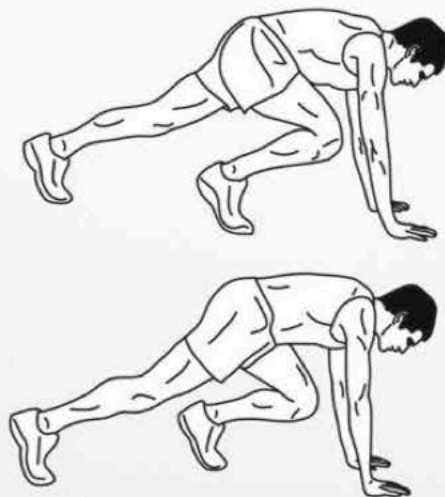
1 minute rest between sets



**20sec** high knees



**20sec** squats



**20sec** climbers



# 30 Days of HIIT

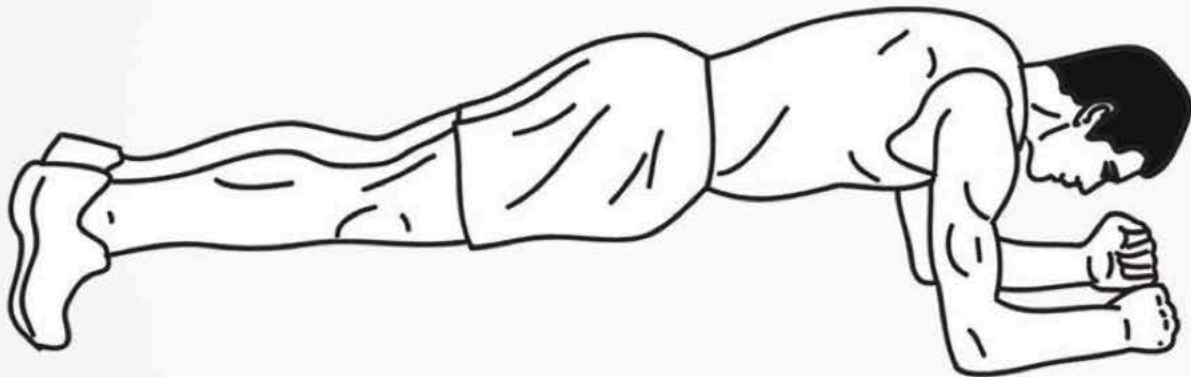
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## Day 21 | Elbow Plank

Level I 3 sets

Level II 4 sets

Level III 5 sets



**30 seconds**

10 seconds rest

**30 seconds**

20 seconds rest

**30 seconds**

60 seconds rest