**ACTIVE HOME PHYSICAL EDUCATION: HIGH SCHOOL SOCIAL DISTANCING (Invisible Dumbbells)**

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

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|  | **DAY 1** | **DAY 2** | **DAY 3** | **DAY 4** | **DAY 5** |
| **My Learning Goals** | I will demonstrate perfect exercise form during all Darebee fitness and Invisible Dumbbell activities. | I will minimize fatigue by following a sleep routine at night. This will help give my mind and body the rest that I need. | I will use the perceived exertion chart to self-assess the intensity of my daily physical education time. | I will focus on proper technique while performing Darebee and Invisible Dumbbell activities. | I will demonstrate proper exercise form as an essential part of my injury prevention practice. |
| **Today’s Vocabulary** | **EXERCISE FORM**A specific way of performing a physical activity or movement to promote safety, enhance benefits, and avoid injury. | **Fatigue** Extreme tiredness, generally resulting from physical or mental exertion. | **Perceived Exertion** How hard an individual feels her/his body is working during a bout of physical activity or exercise. | **Technique**A skillful or efficient way of performing an activity. | **Injury Prevention**Deliberate actions, routines, and systems intended to stop harm from happening. |
| **Warm-Up Activity** | [Chosen One](https://darebee.com/pdf/workouts/chosen-one-workout.pdf)(Darebee) | [The Bard](https://darebee.com/pdf/workouts/bard-workout.pdf)(Darebee) | [Chosen One](https://darebee.com/pdf/workouts/chosen-one-workout.pdf)(Darebee) | [The Bard](https://darebee.com/pdf/workouts/bard-workout.pdf)(Darebee) | Choice |
| **Learning Focus Activity** | **Activity 1:**[Invisible Dumbbells](https://openphysed.org/wp-content/uploads/2020/03/MMNOW04-InvisibleDumbbellStationspdf.pdf)Perform the following stations:Biceps CurlDumbbell Crunch | **Activity 2:**[Invisible Dumbbells](https://openphysed.org/wp-content/uploads/2020/03/MMNOW04-InvisibleDumbbellStationspdf.pdf)Perform the following stations:Dumbbell CrunchDumbbell Lunges  | **Activity 4:**[Invisible Dumbbells](https://openphysed.org/wp-content/uploads/2020/03/MMNOW04-InvisibleDumbbellStationspdf.pdf)Perform the following stations:Dumbbell LungesPlank Rows | **Activity 5:** [Invisible Dumbbells](https://openphysed.org/wp-content/uploads/2020/03/MMNOW04-InvisibleDumbbellStationspdf.pdf)Perform the following stations:Plank RowsDumbbell Squats | **Activity 5:** [Invisible Dumbbells](https://openphysed.org/wp-content/uploads/2020/03/MMNOW04-InvisibleDumbbellStationspdf.pdf)Perform the following stations:Dumbbell SquatsTriceps Push |
| **Daily Movement Activity** | [Good Morning](https://darebee.com/challenges/good-morning-challenge.html) (Darebee) | [Good Morning](https://darebee.com/challenges/good-morning-challenge.html) (Darebee) | [Good Morning](https://darebee.com/challenges/good-morning-challenge.html) (Darebee) | [Good Morning](https://darebee.com/challenges/good-morning-challenge.html) (Darebee) | [Good Morning](https://darebee.com/challenges/good-morning-challenge.html) (Darebee) |
| **Refocus** | Choose a[Guided Meditation](http://mindfulnessforteens.com/guided-meditations/) | Choose a[Guided Meditation](http://mindfulnessforteens.com/guided-meditations/) | Choose a[Guided Meditation](http://mindfulnessforteens.com/guided-meditations/) | Choose a[Guided Meditation](http://mindfulnessforteens.com/guided-meditations/) | Choose a[Guided Meditation](http://mindfulnessforteens.com/guided-meditations/) |
| **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?** |  |  |  |  |  |