**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 Curl  Dumbbell Crunch | **Activity 2:**  [Invisible Dumbbells](https://openphysed.org/wp-content/uploads/2020/03/MMNOW04-InvisibleDumbbellStationspdf.pdf)  Perform the following stations:  Dumbbell Crunch  Dumbbell Lunges | **Activity 4:**  [Invisible Dumbbells](https://openphysed.org/wp-content/uploads/2020/03/MMNOW04-InvisibleDumbbellStationspdf.pdf)  Perform the following stations:  Dumbbell Lunges  Plank Rows | **Activity 5:**  [Invisible Dumbbells](https://openphysed.org/wp-content/uploads/2020/03/MMNOW04-InvisibleDumbbellStationspdf.pdf)  Perform the following stations:  Plank Rows  Dumbbell Squats | **Activity 5:**  [Invisible Dumbbells](https://openphysed.org/wp-content/uploads/2020/03/MMNOW04-InvisibleDumbbellStationspdf.pdf)  Perform the following stations:  Dumbbell Squats  Triceps 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?** |  |  |  |  |  |