



AT-HOME PHYSICAL EDUCATION

Weekly Plan for Students and Families

ACTIVE HOME PHYSICAL EDUCATION: HIGH SCHOOL 20 Second Or More (Tabata & Handwashing)

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 wash my hands for 20 seconds or more in an effort to keep my family safe. | I will demonstrate behaviors that are considerate to others. | I will participate in physical activities that help promote good health. | I will express enjoyment and other positive feelings while being physically active. | I will encourage others to be active and express positive feelings during physical activities. |
| Today's Vocabulary | SAFE Protected from harm or danger. | BEHAVIOR The way that you act, especially toward others. | GOOD HEALTH The state of being free from illness or injury. | ENJOYMENT The state of happiness caused by a thing or event. | FEELINGS An emotional state or reaction. Examples are happy, sad, angry scared. |
| Warm-Up Activity | Clean Slate (Darebee) | Clean Sweep (Darebee) | Washboard Abs (Darebee) | Clean Slate (Darebee) | Your Choice |
| Learning Focus Activity | Activity 1: At the Sink Tabata + In Your Room Tabata | Activity 2: Wash with Words + At the Sink Tabata | Activity 4: At the Sink Tabata + In Your Room Tabata | Activity 5: Wash with Words + At the Sink Tabata | Activity 5: Wash with Words Performance + Create Your Own Tabata |
| Daily Movement Activity | Breathe Easy (Darebee) | Breathe Easy (Darebee) | Breathe Easy (Darebee) | Breathe Easy (Darebee) | Breathe Easy (Darebee) |
| 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? | 😊 😜 😞 | 😊 😜 😞 | 😊 😜 😞 | 😊 😜 😞 | 😊 😜 😞 |



[20 Seconds or More](#), was created by Hip Hop Public health to empower youth and families with the right information, tools and resources to help mitigate the spread of COVID-19.

TABATA ROUTINE

20-Seconds or More – At-the-Sink Handwashing Tabata Routine

Dr Izumi Tabata says exercising in 20 second (or more) intervals can have important health benefits.

Dr. Olajide Williams says washing your hands for 20 seconds (or more) can kill viruses and save lives.

Let's combine these important practices and maximize our health! Post this Tabata Routine near your sink. Move safely.

| Set # | Exercise Name | Interval Start |
|-------|--|----------------|
| 1 | Wall Push-Ups | 0:00 |
| | Rest 10 Seconds | |
| 2 | Calf Raises | 0:30 |
| | Rest 10 Seconds | |
| 3 | Wall Planks (Hold wall push-up position) | 1:00 |
| | Rest 10 Seconds | |
| 4 | WASH YOUR HANDS! (20 seconds standing) | 1:30 |
| | Rest 10 Seconds | |
| 5 | WASH YOUR HANDS! (MORE! Hold squat position) | 2:00 |
| | Rest 10 Seconds | |
| 6 | Towel Dry Overhead Squats (Do squats & towel dry overhead.) | 2:30 |
| | Rest 10 Seconds | |
| 7 | Towel Dry Calf Raises | 3:00 |
| | Rest 10 Seconds | |
| 8 | Towel Dry Deep Breathing (8 seconds Inhale, 12 seconds exhale) | 3:30 |
| | Rest 10 Seconds | |



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TABATA ROUTINE

20-Seconds or More – In Your Room Tabata Routine

Dr Izumi Tabata says exercising in 20 second (or more) intervals can have important health benefits.
 Dr. Olajide Williams says washing your hands for 20 seconds (or more) can kill viruses and save lives.
 Perform this Tabata Routine with enough space to move safely.

| Set # | Exercise Name | Interval Start |
|-------|---|----------------|
| 1 | Squat Hold (while pretending to wash your hands) | 0:00 |
| | Rest 10 Seconds | |
| 2 | Jumping Jack Feet (while pretending to wash your hands) | 0:30 |
| | Rest 10 Seconds | |
| 3 | Balance on Right Foot (while pretending to wash your hands) | 1:00 |
| | Rest 10 Seconds | |
| 4 | Ballance on Left Foot (while pretending to wash your hands) | 1:30 |
| | Rest 10 Seconds | |
| 5 | Calf Raises (while pretending to wash your hands) | 2:00 |
| | Rest 10 Seconds | |
| 6 | Lunges (while pretending to wash your hands) | 2:30 |
| | Rest 10 Seconds | |
| 7 | Abdominal Crunches (while pretending to wash your hands) | 3:00 |
| | Rest 10 Seconds | |
| 8 | Jumping Jack Feet (while pretending to wash your hands) | 3:30 |
| | Rest 10 Seconds | |



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TABATA ROUTINE

20-Seconds or More – CREATE YOUR OWN Tabata Routine

Dr Izumi Tabata says exercising in 20 second (or more) intervals can have important health benefits.
 Dr. Olajide Williams says washing your hands for 20 seconds (or more) can kill viruses and save lives.
 Create and perform a Tabata Routine with enough space to move safely.

| Set # | Exercise Name | Interval Start |
|-------|-----------------|----------------|
| 1 | Exercise 1: | 0:00 |
| | Rest 10 Seconds | |
| 2 | Exercise 2: | 0:30 |
| | Rest 10 Seconds | |
| 3 | Exercise 3: | 1:00 |
| | Rest 10 Seconds | |
| 4 | Exercise 4: | 1:30 |
| | Rest 10 Seconds | |
| 5 | Exercise 5: | 2:00 |
| | Rest 10 Seconds | |
| 6 | Exercise 6: | 2:30 |
| | Rest 10 Seconds | |
| 7 | Exercise 7: | 3:00 |
| | Rest 10 Seconds | |
| 8 | Exercise 8: | 3:30 |
| | Rest 10 Seconds | |



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WASH WITH WORDS

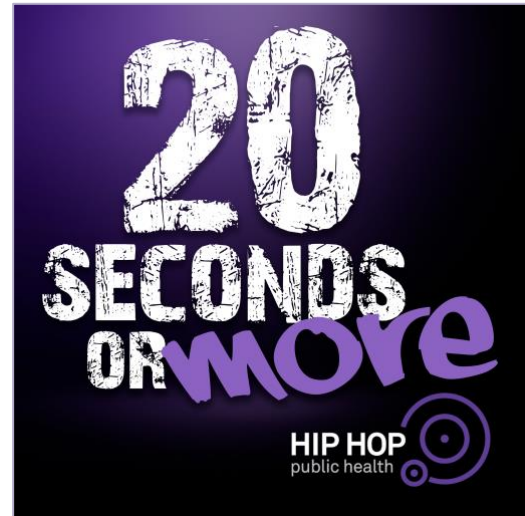
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 20 Seconds or More music file
(Links available below or at HHPH.org)
- Wash with Words Phrases (Below)
- Wash with Words Brainstorming Page

Get the Track... 20 Seconds Or More!

- [YouTube](https://www.youtube.com/watch?v=20SecondsOrMore)
- [Spotify](https://open.spotify.com/track/20SecondsOrMore)
- [iTunes](https://itunes.apple.com/album/20SecondsOrMore)
- [Apple Music](https://apple.com/music/album/20SecondsOrMore)



Activity Procedures:

- Today we're going to Wash with Words!
- [20 Seconds or More](#), is a Hip Hop song featuring legendary rapper Doug E. Fresh who co-wrote the song with multi-platinum producer, Artie Green and Gerry Gunn, along with medical oversight from our founder, Dr. Olajide Williams.
- This song was created by Hip Hop Public Health to empower YOU and your family with the right information, tools and resources to help stop the spread of COVID-19.
- Wash with Words is a fun way to interact with this amazing Hip Hop track with self-expressive dance.

Here's how it works:

- You and a friend or family member will create 8-count dance movements for 4 of the Wash with Words phrases below. There are 8 phrases listed, you can choose 4.
- Next, practice your dance moves and use the Brainstorming Page in this packet to create a dance sequence. Take time, practice your moves, and then (if you're brave) perform them for an audience! Feel like you really have it down? Post your dance using #20SecondsOrMore and tag @HHPHorg and @OPENPhysEd.org

Wash with Words Phrases

| | | | |
|-------------------------|------------------------------|------------------------|-------------------|
| Slippery Soap | Big Bubbles | Freezing Water | Angry Wash |
| Slow Motion Soap | Head Bob Wash Routine | Speed Scrubbing | Happy Wash |

BRAINSTORMING PAGE

Today you will be creating an original dance using the Wash with Words phrases.

Expectations of the dance:

- Each movement needs to be 8 counts.
- Every movement needs to be used at least once in the dance.
- Each movement needs to incorporate an upper and lower body component (e.g., walk forward with Frankenstein arms).

| Phrase #1 | Phrase #2 | Phrase #3 | Phrase #4 |
|-----------|-----------|-----------|-----------|
| | | | |

| Place the words in order of how you plan to perform the movements. | | | | |
|---|---------|---------|---------|---------|
| Word #1 | Word #2 | Word #3 | Word #4 | Word #5 |
| | | | | |
| Write a brief description of what the dance movement looks like for you to remember. | | | | |
| | | | | |
| Please list any / all movements, pathways, levels and relationships used. (Please use list below) | | | | |
| | | | | |

Options to use for locomotor movements, non-locomotor movements, pathways, levels, & relationships.

| Non-Locomotor | Locomotor | Pathways | Levels | Relationships |
|---|---|--|-----------------------|--|
| stretch, bend, twist, turn, rise, fall, swing, rock, tip, shake, suspend, pivot | slide, walk, hop, grapevine, skip, run, jump, roll, crawl, gallop, turns, march | forward, backward, sideward, diagonal, right, left, stationary | high medium low | in front, beside, over, under, alone/connected, near/far, group set-up (line, circle, facing) |

CLEAN SLATE

DAREBEE WORKOUT @ darebee.com

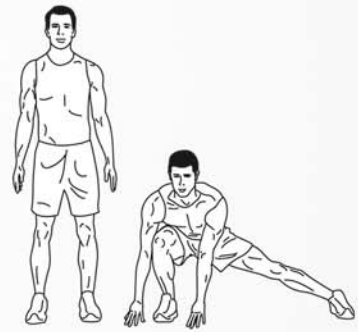
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



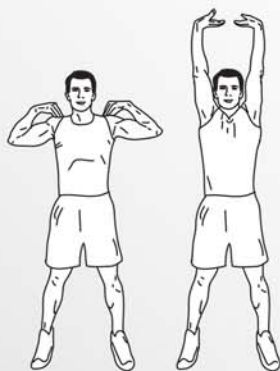
20 march steps



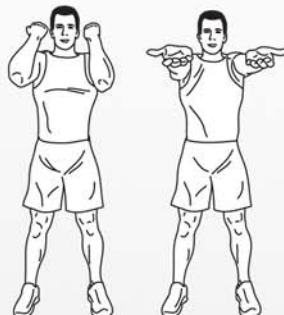
4 reverse lunges



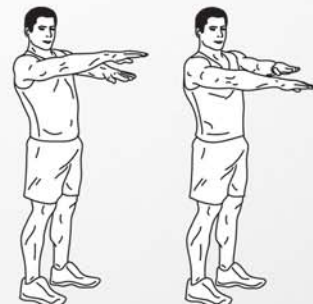
4 side lunges



20 shoulder taps



20 bicep extensions



20 arm scissors

CLEAN SWEEP

HIIT WORKOUT

BY DAREBEE

@ darebee.com

Level I 3 sets

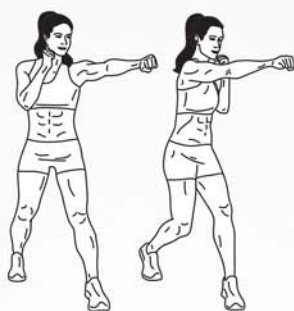
Level II 5 sets

Level III 7 sets

2 minutes rest



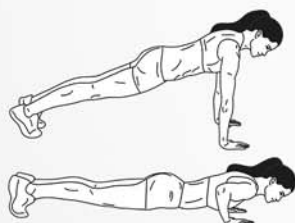
10sec jumping lunges



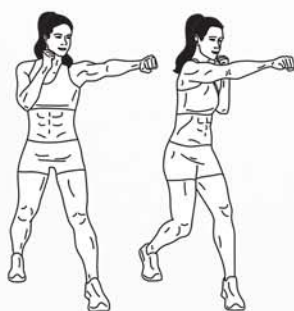
40sec punches



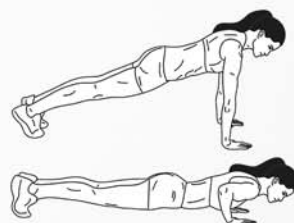
10sec jumping lunges



10sec push-ups



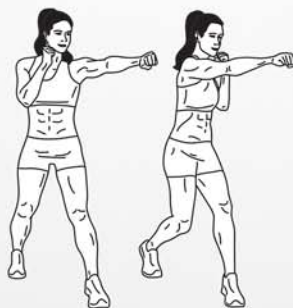
40sec punches



10sec push-ups



10sec jumping lunges



40sec punches

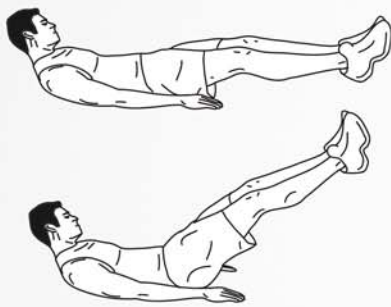


10sec jumping lunges

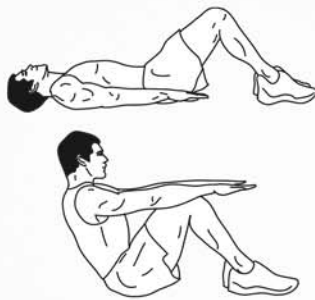
washboard **abs**

DAREBEE WORKOUT @ darebee.com

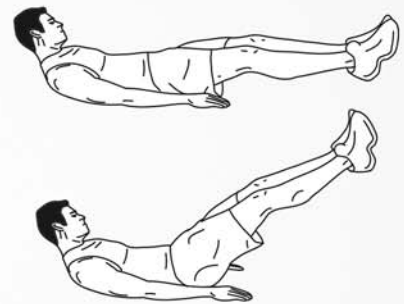
LEVEL I 3 sets **LEVEL II** 4 sets **LEVEL III** 5 sets **REST** up to 2 minutes



10 leg raises



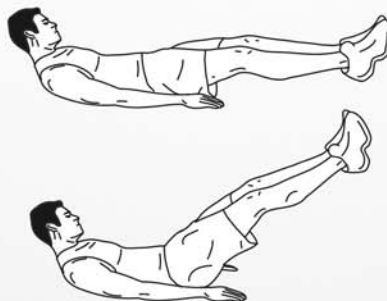
20 sit-ups



10 leg raises



20 knee-to-elbow crunches



10 leg raises



20 side jackknives

breathe easy

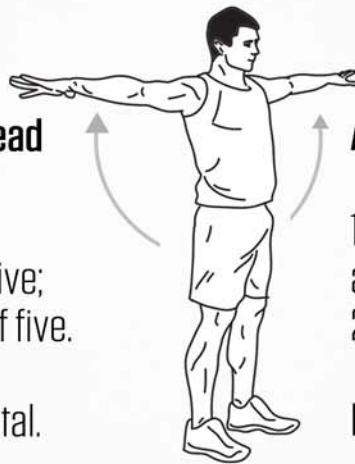
WORKOUT by [© darebee.com](https://darebee.com)



Arms above your head

- 1) Breathe in deep;
- 2) Hold to count of five;
- 3) Exhale to count of five.

Repeat 5 times in total.



Arm Raises

- 1) Breathe in as you raise your arms;
- 2) Exhale on the way down.

Repeat 5 times in total.



Calf Raises

- 1) Breathe in as you rise;
- 2) Hold to count of five;
- 3) Exhale as you drop down.

Repeat 5 times in total.



Shoulder Stretches *arms behind your back*

- 1) Breathe in as you stretch;
- 2) Hold to count of five;
- 3) Exhale as you relax.

Repeat 5 times in total.