ACTIVE HOME PHYSICAL EDUCATION: HIGH SCHOOL HEALTH-RELATED FITNESS

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

<table>
<thead>
<tr>
<th>My Learning Goals</th>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
<th>DAY 5</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>My Learning Goals</strong></td>
<td>I will complete all Darebee workouts in order to develop my muscular fitness.</td>
<td>I will complete all Darebee workouts in order to develop my aerobic capacity.</td>
<td>I will demonstrate grit by completing all Darebee workouts today.</td>
<td>I will write down 3 fitness goals that could be incorporated into a fitness plan.</td>
<td>I will participate in physical activity each day with a focus on improving my health.</td>
</tr>
<tr>
<td><strong>Today's Vocabulary</strong></td>
<td><strong>MUSCULAR FITNESS</strong></td>
<td><strong>AEROBIC CAPACITY</strong></td>
<td><strong>GRIT</strong></td>
<td><strong>FITNESS PLAN</strong></td>
<td><strong>PARTICIPATE</strong></td>
</tr>
<tr>
<td></td>
<td>The combined ability of a muscle to demonstrate strength and resist fatigue.</td>
<td>The body's ability to take in, transport, and use oxygen during vigorous physical activity.</td>
<td>The combination of passion and perseverance, which allows you to keep developing skill and working toward achievement.</td>
<td>A course of action to reach a desired level of fitness, typically including an exercise schedule and approach to nutrition.</td>
<td>The act of engaging and taking part in an activity.</td>
</tr>
<tr>
<td><strong>Warm-Up Activity</strong></td>
<td>Mr. Grumpy (Darebee.com)</td>
<td>Cardio Fix (Darebee.com)</td>
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<td>Cardio Fix (Darebee.com)</td>
<td>Mr. Grumpy (Darebee.com)</td>
</tr>
<tr>
<td><strong>Learning Focus Activity</strong></td>
<td><strong>Activity 1:</strong> 100 Percent Workout</td>
<td><strong>Activity 2:</strong> Quick HITT Workout</td>
<td><strong>Activity 3:</strong> 100 Percent Workout</td>
<td><strong>Activity 4:</strong> Quick HITT Workout</td>
<td><strong>Activity 5:</strong> Choose Level 2 of 100 Percent Workout OR Quick HITT Workout</td>
</tr>
<tr>
<td></td>
<td>Perform Level 1 Workout</td>
<td>Perform Level 1 Workout</td>
<td>Perform Level 1 or 2 Workout</td>
<td>Perform Level 1 or 2 Workout</td>
<td></td>
</tr>
<tr>
<td><strong>Daily Movement Activity</strong></td>
<td>Explorer Darebee</td>
<td>Explorer Darebee</td>
<td>Explorer Darebee</td>
<td>Explorer Darebee</td>
<td>Explorer Darebee</td>
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<tr>
<td><strong>Refocus</strong></td>
<td>Choose a Guided Meditation</td>
<td>Choose a Guided Meditation</td>
<td>Choose a Guided Meditation</td>
<td>Choose a Guided Meditation</td>
<td>Choose a Guided Meditation</td>
</tr>
<tr>
<td><strong>Did You Complete the Fitness Log?</strong></td>
<td>Yes or No</td>
<td>Yes or No</td>
<td>Yes or No</td>
<td>Yes or No</td>
<td>Yes or No</td>
</tr>
<tr>
<td><strong>How am I feeling today?</strong></td>
<td>😞 😊 😞</td>
<td>😞 😊 😞</td>
<td>😞 😊 😞</td>
<td>😞 😊 😞</td>
<td>😞 😊 😞</td>
</tr>
</tbody>
</table>

For more physical education resources and activity ideas for your family visit OPENPhysEd.org
Mr Grumpy

DAREBEE WORKOUT @ darebee.com

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

20 march steps
20 chest expansions
20 march steps
20 bicep extensions
20 march steps
20 shoulder taps
Cardio Fix

DAREBEE WORKOUT © darebee.com

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

20 jumping jacks 10 butt kicks 20 jumping jacks
10 side-to-side hops 20 jumping jacks 10 side-to-side hops
100% DAREBEE HIIT WORKOUT @ darebee.com
Level I 3 sets  Level II 5 sets  Level III 7 sets  |  2 minutes rest

- 20 sec high knees
- 20 sec shoulder taps
- 20 sec high knees
- 20 sec shoulder taps
- 20 sec plank hold
- 20 sec shoulder taps
- 20 sec high knees
- 20 sec shoulder taps
- 20 sec high knees
Quick HIIT

Workout by Darebee

carebee.com

Level I  3 sets
Level II  5 sets
Level III  7 sets
2 minutes rest

20 sec high knees
20 sec climbers
20 sec plank hold
20 sec jumping jacks
20 sec punches
20 sec squat hold punches
EXPLORER

DAREBEE WORKOUT © darebee.com

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

20 march steps
10 shoulder taps
10 bicep extensions

20 march steps
10 scissor chops
10 arm scissors

20 march steps
10 chest expansions
10 raised arm circles