**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.

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|  | **DAY 1** | **DAY 2** | **DAY 3** | **DAY 4** | **DAY 5** |
| **My Learning Goals** | I will complete all Darebee workouts in order to develop my muscular fitness. | I will complete all Darebee workouts in order to develop my aerobic capacity. | I will demonstrate grit by completing all Darebee workouts today. | I will write down 3 fitness goals that could be incorporated into a fitness plan. | I will participate in physical activity each day with a focus on improving my health. |
| **Today’s Vocabulary** | **MUSCULAR FITNESS**  The combined ability of a muscle to demonstrate strength and resist fatigue. | **Aerobic capacity**  The body's ability to take in, transport, and use oxygen during vigorous physical activity. | **grit**  The combination of passion and perseverance, which allows you to keep developing skill and working toward achievement. | **Fitness Plan**  A course of action to reach a desired level of fitness, typically including an exercise schedule and approach to nutrition. | **participate**  The act of engaging and taking part in an activity. |
| **Warm-Up Activity** | [Mr. Grumpy](https://darebee.com/pdf/workouts/mr-grumpy-workout.pdf)  (Darebee.com) | [Cardio Fix](https://darebee.com/pdf/workouts/cardio-fix-workout.pdf)  (Darebee.com) | [Mr. Grumpy](https://darebee.com/pdf/workouts/mr-grumpy-workout.pdf)  (Darebee.com) | [Cardio Fix](https://darebee.com/pdf/workouts/cardio-fix-workout.pdf)  (Darebee.com) | [Mr. Grumpy](https://darebee.com/pdf/workouts/mr-grumpy-workout.pdf)  (Darebee.com) |
| **Learning Focus Activity** | **Activity 1:**  [100 Percent Workout](https://darebee.com/pdf/workouts/100-percent-workout.pdf)  Perform Level 1 Workout | **Activity 2:**  [Quick HITT Workout](https://darebee.com/pdf/workouts/quick-hiit-workout.pdf)  Perform Level 1 Workout | **Activity 3:**  [100 Percent Workout](https://darebee.com/pdf/workouts/100-percent-workout.pdf)  Perform Level 1 or 2 Workout | **Activity 4:**  [Quick HITT Workout](https://darebee.com/pdf/workouts/quick-hiit-workout.pdf)  Perform Level 1 or 2 Workout | **Activity 5:**  Choose Level 2 of  [100 Percent Workout](https://darebee.com/pdf/workouts/100-percent-workout.pdf)  OR  [Quick HITT Workout](https://darebee.com/pdf/workouts/quick-hiit-workout.pdf) |
| **Daily Movement Activity** | [Explorer Darebee](https://darebee.com/pdf/workouts/explorer-workout.pdf) | [Explorer Darebee](https://darebee.com/pdf/workouts/explorer-workout.pdf) | [Explorer Darebee](https://darebee.com/pdf/workouts/explorer-workout.pdf) | [Explorer Darebee](https://darebee.com/pdf/workouts/explorer-workout.pdf) | [Explorer Darebee](https://darebee.com/pdf/workouts/explorer-workout.pdf) |
| **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?** |  |  |  |  |  |