

**ACTIVE HOME PHYSICAL EDUCATION: HIGH SCHOOL 30 Days of High Intensity Interval Training**

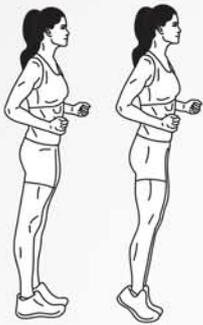
Complete the activity with a friend or family member. Don't forget to log your daily physical activity time.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>My Learning Goals</b>	I will begin the 30 Days of HIIT challenge and complete all journal prompts.	I will be mindful of my perceived exertion during HIIT workout and complete journal prompts.	I will develop 3 strategies to maintain my perseverance during the 30 Days of HIIT Challenge.	I will complete journal prompts with a focus on designing an active lifestyle.	I will reflect on the first 5 days of the 30 Days of HIIT challenge and develop next week's fitness plan.
<b>Today's Vocabulary</b>	<b>HIIT (High Intensity Interval Training)</b> A form of exercise characterized by a series of short bouts of vigorous exercise followed by brief periods of rest or moderate exercise.	<b>PERCEIVED EXERTION</b> How hard an individual feels her/his body is working during a bout of physical activity or exercise.	<b>PERSEVERANCE</b> To continue along a course of action in the face of difficulty.	<b>LIFESTYLE</b> The way in which a person lives. A way of life.	<b>FITNESS PLAN</b> A course of action to reach a desired level of fitness, typically including an exercise schedule and approach to nutrition.
<b>Warm-Up Activity</b>	<a href="#">Healer Warm-Up (Darebee.com)</a>	<a href="#">Healer Warm-Up (Darebee.com)</a>	<a href="#">Healer Warm-Up (Darebee.com)</a>	<a href="#">Healer Warm-Up (Darebee.com)</a>	<a href="#">Healer Warm-Up (Darebee.com)</a>
<b>Learning Focus Activity</b>	<b>Activity 1:</b> <a href="#">30 Days of HIIT (DAY 1)</a> Complete Fitness Planning Journal Page	<b>Activity 2:</b> <a href="#">30 Days of HIIT (DAY 2)</a> Complete Fitness Planning Journal Page	<b>Activity 3:</b> <a href="#">30 Days of HIIT (DAY 3)</a> Complete Fitness Planning Journal Page	<b>Activity 4:</b> <a href="#">30 Days of HIIT (DAY 4)</a> Complete Fitness Planning Journal Page	<b>Activity 5:</b> <a href="#">30 Days of HIIT (DAY 5)</a> Complete Fitness Planning Journal Page
<b>Daily Movement Activity</b>	<a href="#">Darebee Yoga Flow</a>	<a href="#">Darebee Yoga Flow</a>	<a href="#">Darebee Yoga Flow</a>	<a href="#">Darebee Yoga Flow</a>	<a href="#">Darebee Yoga Flow</a>
<b>Refocus</b>	Choose a <a href="#">Guided Meditation</a>	Choose a <a href="#">Guided Meditation</a>	Choose a <a href="#">Guided Meditation</a>	Choose a <a href="#">Guided Meditation</a>	Choose a <a href="#">Guided Meditation</a>
<b>Did You Complete the Fitness Log?</b>	<b>Yes or No</b>	<b>Yes or No</b>	<b>Yes or No</b>	<b>Yes or No</b>	<b>Yes or No</b>
<b>How am I feeling today?</b>					

# HEALER

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

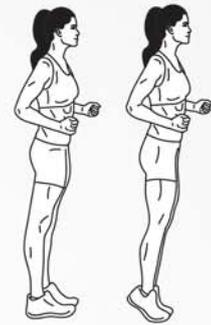
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



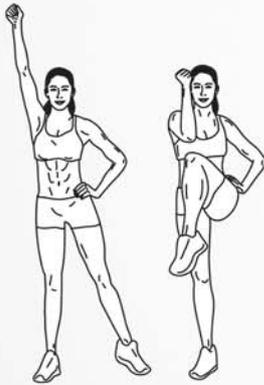
**5** calf raises



**10** reverse lunges



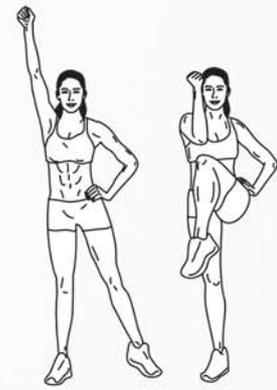
**5** calf raises



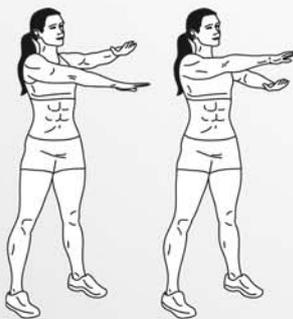
**10** knee-to-elbows



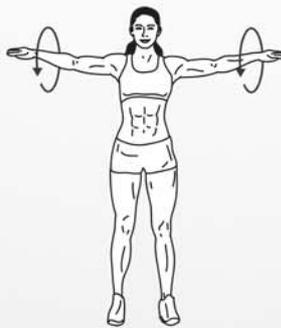
**5** high squats



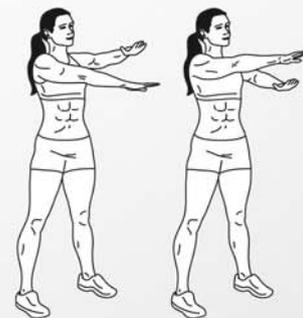
**10** knee-to-elbows



**10** arm scissors



**10** raised arm circles



**10** arm scissors



## High Intensity Interval Training Fitness Reflection Journal

**In the next 30 days** you will embark on a fitness journey that will integrate HIIT training into your lifestyle and allow you to reflect on your personal wellness goals.

Personal wellness includes physical, mental, emotional, and social well-being. Regular physical activity is a key ingredient to maintaining a good health balance in each of those areas.

What is HIIT Training? High Intensity Interval Training is a form of exercise characterized by a series of short bouts of vigorous exercise followed by periods of rest or moderate exercise. HIIT Training is ideal for people with busy lives because you can complete a workout in as little as 4 minutes (TABATA Style). This allows you to find time for HIIT movement breaks throughout the day in order to accumulate a total activity time of 60 minutes or more.

You can use any safe and well-designed HIIT challenge with this reflection journal. We recommend the [30-Days of HIIT program from Darebee.com](https://www.darebee.com/30-days-of-hiit-program). This program requires no equipment and provides day-by-day workout sheets for you to follow along with.

After you have completed your HIIT workout for the day, return to this journal and use the writing prompts to reflect on your personal fitness journey. This journey is one that you will be on for the rest of your life. There will be times when the road is easy to travel. There will be other times when you will encounter obstacles and challenges. The most important advice that we can give you is to keep moving and never give up on your fitness journey.

### Let's do the Heart Rate math!

Heart rate zones are ranges of heart beats per minute in which your heart and your cardiorespiratory system receive different health enhancing benefits.

A formula for calculating your approximate Max Heart Rate (HR) is  $220 - (\text{your age})$ . For example, the Max HR of a 15-year-old is  $220 - 15 = 205$  beats per minute (BPM).

For HIIT training we're going to focus on a very large Heart Health Zone which is 60% to 90% of your Max HR. *You can calculate your exact range if you would like to.*

Or, you can use our estimated range of 120 BPM to 180 BPM.

**During HIIT workouts, maintain a heart rate  
within the zone of 120 to 180 BPM.**





## DAY 2

### LEARNING OUTCOMES:

- I will work in the Heart Health Zone (120 to 180 BPM) while being mindful of my perceived exertion as I stay active with an elevated heart rate. (S3M3)
- I will use the Rate of Perceived Exertion Scale to analyze and reflect on my effort and intensity during HIIT workouts. (S3H3)

### VOCABULARY FOCUS:

Perceived Exertion: How hard an individual feels her/his body is working during a bout of physical activity or exercise.

### RPE Scale (Rate of Perceived Exertion)

- **10 = Max Effort Activity**  
It feels almost impossible to keep going. I'm completely out of breath and can't talk. I can't keep this up for long.
- **9 = Very Vigorous Activity**  
It's really hard to maintain this intensity. I can barely breathe and can only speak a few words at one time.
- **7–8 = Vigorous Activity**  
This is almost uncomfortable. My breathing is very heavy but can speak a full sentence.
- **4–6 = Moderate Activity**  
My breathing is heavy but can hold a short conversation. I'm not uncomfortable, but I can feel the challenge in the activity.
- **2–3 = Light Activity**  
I can maintain this activity for hours. It's easy to breathe and carry on a conversation.
- **1 = Very Light Activity**  
I don't have to try hard at all, but I'm not watching TV or taking a nap.

### JOURNAL WRITING PROMPTS:

- Use the RPE Scale to rate the intensity of your HIIT workout. What number on the scale would you give your Day 2 workout?
- The goal of HIIT training is to give you a dose of Vigorous Activity (7–8 on the RPE Scale) Activity in that range should match the targeted Health Heart Zone. Did your RPE rating and your heart rate match?
- What can you do in tomorrow's workout to increase the intensity of the exercise?
- What can you do in tomorrow's workout to decrease the intensity of the exercise?







## DAY 5, DAY 6, and DAY 7

### LEARNING OUTCOMES:

- I will develop statements that help me express the importance of an active lifestyle. (S4M1)
- I will identify the unique ways that my body can move and stay active and will describe why I enjoy those types of movements. (S5H2)

### VOCABULARY FOCUS:

**Fitness Plan:** A course of action to reach a desired level of fitness, typically including an exercise schedule and approach to nutrition.

### JOURNAL WRITING PROMPTS:

- This journal entry will help you map out a fitness plan for the next 3 days. Use this page to plan and reflect on your weekend HIIT workouts.
  
- Give a specific time on Saturday that you will dedicate to your HIIT workout.
  
- Give a specific time on Sunday that you will dedicate to your HIIT workout.
  
- Use the Rate of Perceived Exertion Scale to rate the intensity of your workouts.

Saturday's RPE =

Sunday's RPE =

- Now that the first week of this HIIT challenge is complete, write a positive statement congratulating yourself for demonstrating perseverance and dedication.



RPE Scale	Rate of Perceived Exertion
10	<b>Max Effort Activity</b> It feels almost impossible to keep going. I'm completely out of breath and can't talk. I can't keep this up for long.
9	<b>Very Vigorous Activity</b> It's really hard to maintain this intensity. I can barely breathe and can only speak a few words at one time.
7-8	<b>Vigorous Activity</b> This is almost uncomfortable. My breathing is very heavy, but can speak a full sentence.
4-6	<b>Moderate Activity</b> My breathing is heavy, but can hold a short conversation. I'm not uncomfortable, but I can feel the challenge in the activity.
2-3	<b>Light Activity</b> I can maintain this activity for hours. It's easy to breathe and carry on a conversation.
1	<b>Very Light Activity</b> I don't have to try hard at all, but I'm not watching TV or taking a nap.

# 30 Days of HIIT

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Day 1 | Cardio HIIT

Level I 3 sets

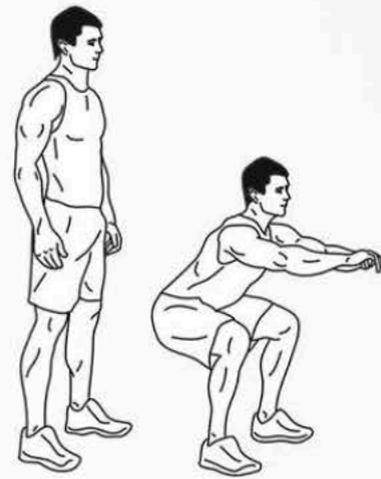
Level II 5 sets

Level III 7 sets

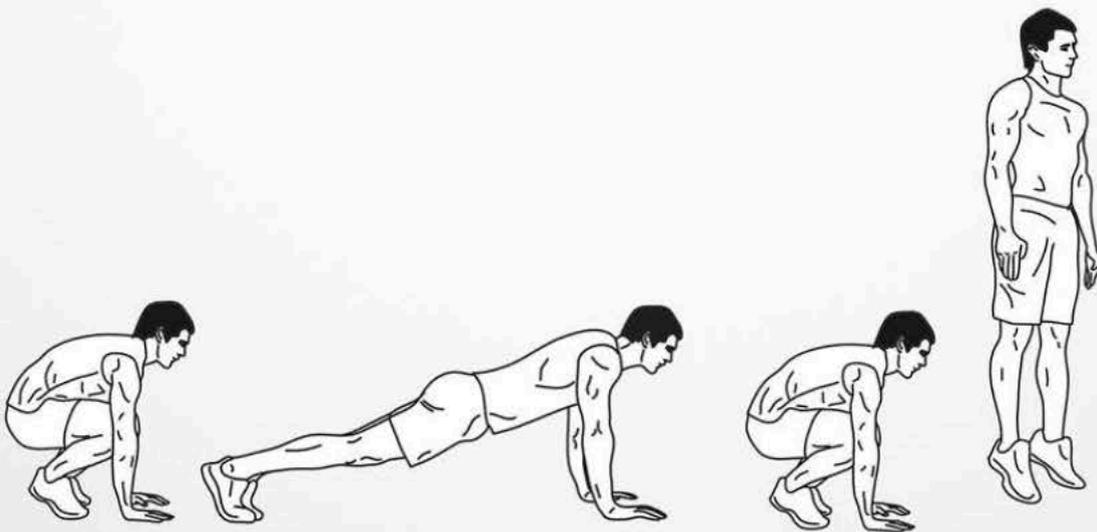
1 minute rest between sets



**20sec** high knees



**20sec** squats



**20sec** basic burpees

# 30 Days of HIIT

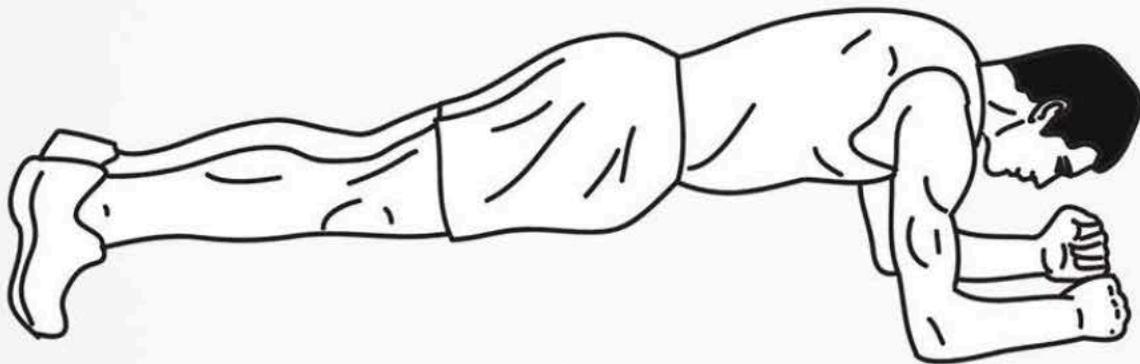
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## Day 2 | Elbow Plank

Level I 3 sets

Level II 4 sets

Level III 5 sets



**10 seconds**

**20 seconds**

**30 seconds**

10 seconds rest

20 seconds rest

60 seconds rest

# 30 Days of HIIT

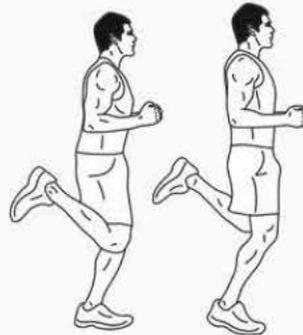
Day 3 | One & One

1 minute each exercise;  
1 minute rest between exercises

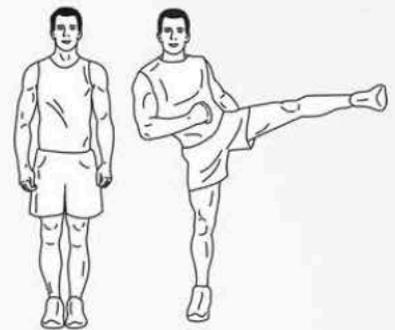
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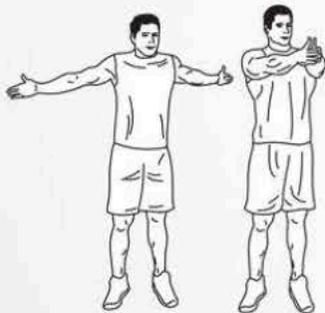
1. high knees



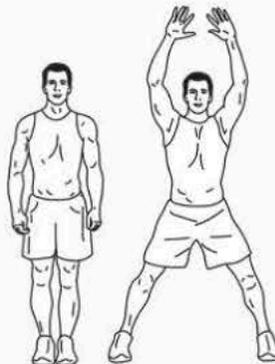
2. butt kicks



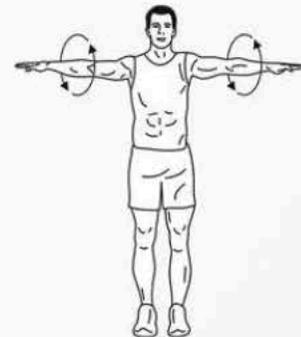
3. side leg raises



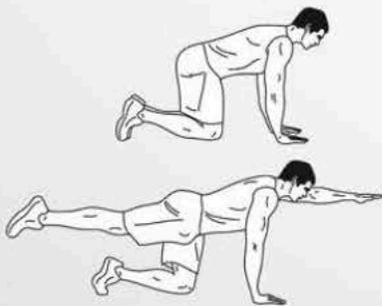
4. chest expansions



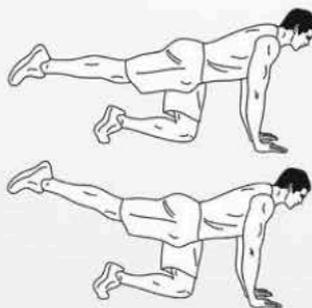
5. jumping jacks



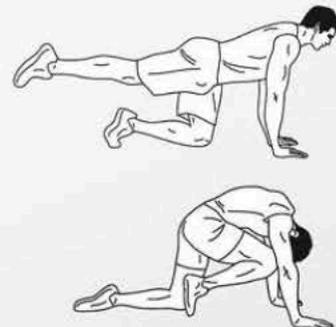
6. raised arm circles



7. alt arm / leg raises



8. raised leg swings



9. knee-in extensions

# 30 Days of HIIT

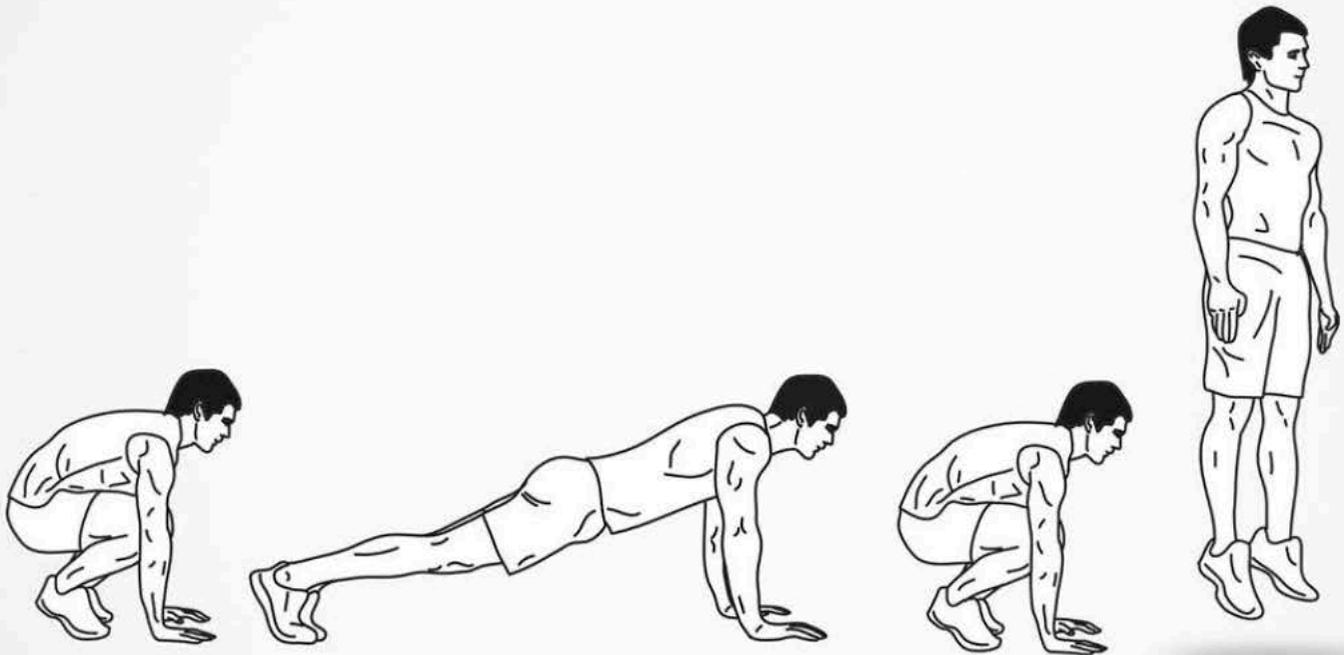
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## Day 4 | Basic Burpees

Level I 3 sets

Level II 4 sets

Level III 5 sets



10 seconds

20 seconds

30 seconds

10 seconds rest

20 seconds rest

60 seconds rest

# 30 Days of HIIT

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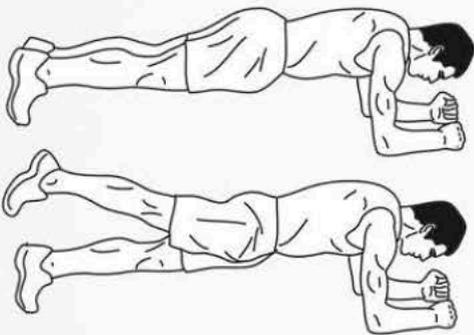
## Day 5 | Active Plank

Level I 3 sets

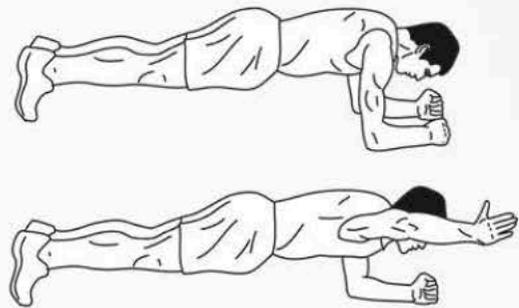
Level II 4 sets

Level III 5 sets

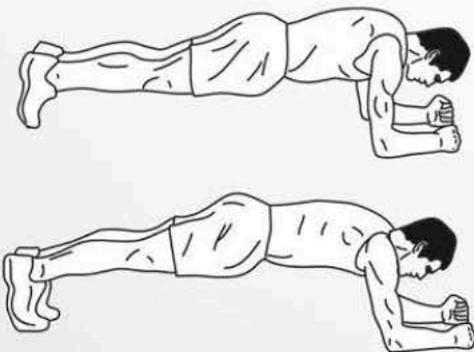
1 minute rest between sets



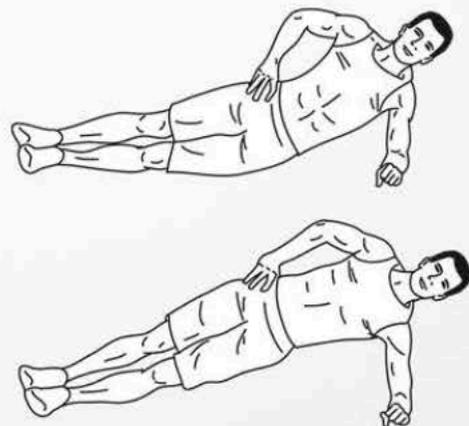
**15sec** elbow plank leg raises



**15sec** elbow plank arm raises



**15sec** body saw



**15sec** side bridges

# 30 Days of HIIT

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## Day 6 | High Knees

Level I 3 sets

Level II 4 sets

Level III 5 sets



10 seconds

20 seconds

30 seconds

10 seconds rest

20 seconds rest

60 seconds rest

# 30 Days of HIIT

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## Day 7 | Ab Work

Level I 3 sets

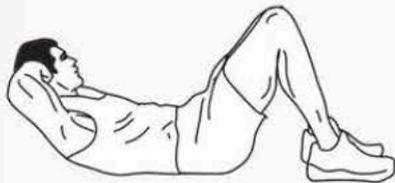
Level II 4 sets

Level III 5 sets

1 minute rest between sets



**15sec** crunches



**15sec** reverse crunches



**15sec** flutter kicks



**15sec** scissors



# HIGH INTENSITY INTERVAL TRAINING

	HR Zone BPM	Benefits	Perceived Exertion	Recommended For:
<b>PERFORMANCE</b>	90 to 100% <b>180 – 200</b>	Max performance & speed	Exhausting for breathing and muscles	Those training for specific vigorous performances
<b>HEART HEALTH</b>	70 to 90% <b>140 – 180</b>	Aerobic fitness & performance capacity	Some muscle fatigue, heavy breathing, sweating	Everyone: Moderately long activity
	60 to 70% <b>120 – 140</b>	Basic endurance and fat burning	Light muscle exertion, easy breathing, light sweating	Everyone: Longer, more frequent activity
<b>ACTIVE</b>	50 to 60% <b>100 – 120</b>	Overall health, warm-up, and cool-down	Easy for breathing and muscles	Everyone: Active warm-up & recovery

*Adapted from Polar Lessons for Life*

# yoga **flow**

DAREBEE WORKOUT

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Hold each pose  
for 20 seconds.



reach



shoulders back



knee bend to cobra



twist



forward bend



straight back