**ACTIVE HOME PHYSICAL EDUCATION: MIDDLE 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.

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|  | **DAY 1** | **DAY 2** | **DAY 3** | **DAY 4** | **DAY 5** |
| **My Learning Goals** | I will work to develop both health- and skill-related fitness while actively engaging in daily HIIT challenges. | I will discuss the benefits of core conditioning exercises as they relate to overall muscular fitness. | I will discuss the relationship between good nutrition and fewer health risk factors. | I will work in the Heart Health Zone as I stay active with an elevated heart rate. | I will adjust my fitness plan in a way that helps me maintain an active lifestyle. |
| **Today’s Vocabulary** | **SKILL-RELATED FITNESS**  A group of 6 psychomotor characteristics that contribute to a person’s ability to complete a physical performance | **MUSCULAR FITNESS**  The combined ability of a muscle to demonstrate strength and endurance. | **PERCEIVED EXERTION**  How hard an individual feels her/his body is working during a bout of physical activity or exercise. | **Heart Rate Zone**  A BPM range, measured as a % of Max HR, identified because of health benefits associated with an intensity in that range. | **fitness plan**  A course of action to reach a desired level of fitness, typically including an exercise schedule and approach to nutrition. |
| **Warm-Up Activity** | [Healer](https://darebee.com/pdf/workouts/healer-workout.pdf) Warm-Up  (Darebee.com) | [Healer](https://darebee.com/pdf/workouts/healer-workout.pdf) Warm-Up  (Darebee.com) | [Healer](https://darebee.com/pdf/workouts/healer-workout.pdf) Warm-Up  (Darebee.com) | [Healer](https://darebee.com/pdf/workouts/healer-workout.pdf) Warm-Up  (Darebee.com) | [Healer](https://darebee.com/pdf/workouts/healer-workout.pdf) Warm-Up  (Darebee.com) |
| **Learning Focus Activity** | **Activity 1:**  [30 Days of HIIT](https://darebee.com/pdf/programs/30-days-of-hiit.pdf) (DAY 15)  Complete  Fitness Planning Journal Page | **Activity 2:**  [30 Days of HIIT](https://darebee.com/pdf/programs/30-days-of-hiit.pdf) (DAY 16)  Complete  Fitness Planning Journal Page | **Activity 3:**  [30 Days of HIIT](https://darebee.com/pdf/programs/30-days-of-hiit.pdf) (DAY 17)  Complete  Fitness Planning Journal Page | **Activity 4:**  [30 Days](https://darebee.com/pdf/programs/30-days-of-hiit.pdf)  [of HIIT](https://darebee.com/pdf/programs/30-days-of-hiit.pdf) (DAY 18)  Complete  Fitness Planning Journal Page | **Activity 5:**  [30 Days](https://darebee.com/pdf/programs/30-days-of-hiit.pdf)  [of HIIT](https://darebee.com/pdf/programs/30-days-of-hiit.pdf) (DAY 19)  Complete  Fitness Planning Journal Page |
| **Daily Movement Activity** | [Darebee Yoga Flow](https://darebee.com/pdf/workouts/yoga-flow-workout.pdf) | [Darebee Yoga Flow](https://darebee.com/pdf/workouts/yoga-flow-workout.pdf) | [Darebee Yoga Flow](https://darebee.com/pdf/workouts/yoga-flow-workout.pdf) | [Darebee Yoga Flow](https://darebee.com/pdf/workouts/yoga-flow-workout.pdf) | [Darebee Yoga Flow](https://darebee.com/pdf/workouts/yoga-flow-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?** |  |  |  |  |  |