
















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.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
My Learning Goals	I will discuss the importance of skill-related fitness as I work to achieve my personal fitness goals.	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 Warm-Up (Darebee.com)	Healer Warm-Up (Darebee.com)	Healer Warm-Up (Darebee.com)	Healer Warm-Up (Darebee.com)	Healer Warm-Up (Darebee.com)
Learning Focus Activity	Activity 1: 30 Days of HIIT (DAY 22) Complete Fitness Planning Journal Page	Activity 2: 30 Days of HIIT (DAY 23) Complete Fitness Planning Journal Page	Activity 3: 30 Days of HIIT (DAY 24) Complete Fitness Planning Journal Page	Activity 4: 30 Days of HIIT (DAY 25) Complete Fitness Planning Journal Page	Activity 5: 30 Days of HIIT (DAY 26) Complete Fitness Planning Journal Page
Daily Movement Activity	Darebee Yoga Flow	Darebee Yoga Flow	Darebee Yoga Flow	Darebee Yoga Flow	Darebee Yoga Flow
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?	  	  	  	  	  



High Intensity Interval Training Fitness Reflection Journal

This is week 4 of our 30-day fitness journey that integrates HIIT training into your lifestyle and allows 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 22

LEARNING OUTCOMES:

- I will work to develop both health- and skill-related fitness while actively engaging in daily HIIT challenges. (S3M7)
- I will analyze the way that selected skill-related fitness components impact my personal goals. (S3H12)

VOCABULARY FOCUS:

Skill-Related Fitness: A group of 6 psychomotor characteristics that contribute to a person's ability to successfully complete a physical performance. The 6 components of Skill-Related Fitness include Agility, Balance, Coordination, Power, Reaction Time, and Speed.

JOURNAL WRITING PROMPTS:

- On day 22 (Cardio HIIT) the skill-related fitness focus is balance. How is balance related to the exercises included in today's workout?

- Describe the relationship between balance and safety.

- Why is this relationship important to your personal goals?



DAY 23

LEARNING OUTCOMES:

- I will discuss the benefits of core conditioning exercises as they relate to overall muscular fitness. (S3M10)
- I will discuss the way in which core conditioning fits into a well-rounded personal fitness program. (S3H3)

VOCABULARY FOCUS:

Muscular Fitness: The combined ability of a muscle to demonstrate strength and endurance.

JOURNAL WRITING PROMPTS:

- Day 23 is an Active Plank routine. After completing 3 sets of this HIIT workout, write a success statement celebrating the completion of Day 23. Include the importance of core conditioning as it relates to your personal fitness goals.



DAY 24

LEARNING OUTCOMES:

- I will discuss the relationship between good nutrition and fewer health risk factors. (S4M17)
- I will discuss healthy meal planning as an important component of a healthy lifestyle. (S5H2)

VOCABULARY FOCUS:

Lifestyle: The way in which a person lives. A way of life.

JOURNAL WRITING PROMPTS:

- What are 2 fruits that you like to eat on a regular basis?

- What are 2 vegetables that you like to eat on a regular basis?

- Why is it important for you to eat a variety of fruits and vegetables?



DAY 25

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:

- Try to complete Level III (5 sets) Use the RPE Scale to rate the intensity of your HIIT workout. What number on the scale would you give your Day 25 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 26, DAY 27, and DAY 28

LEARNING OUTCOMES:

- I will adjust my fitness plan in a way that helps me maintain an active lifestyle. (S4M1)
- I will identify strategies for staying active and will describe why I enjoy being active. (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 =

- How is the plan described above different from last weekend's plan?

- If it is different, why did you make the changes for this weekend?

30 Days of HIIT

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Day 22 | Cardio HIIT

Level I 3 sets

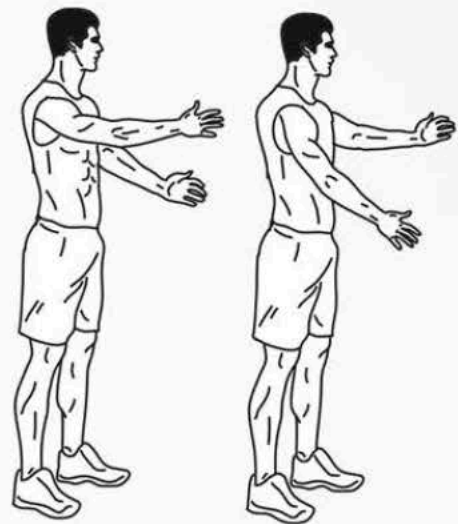
Level II 5 sets

Level III 7 sets

1 minute rest between sets



20sec high knees



20sec scissor chops



20sec high knees

30 Days of HIIT

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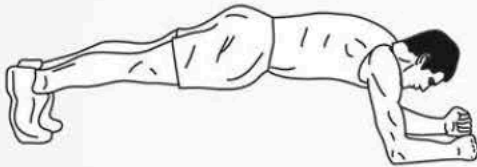
Day 23 | Active Plank

Level I 3 sets

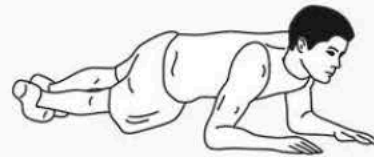
Level II 4 sets

Level III 5 sets

1 minute rest between sets



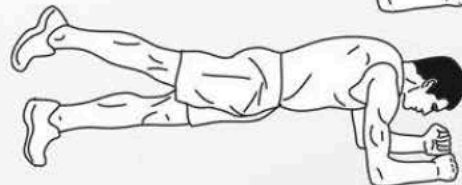
15sec body saw



15sec plank rolls



15sec plank crunches



15sec plank leg raises

30 Days of HIIT

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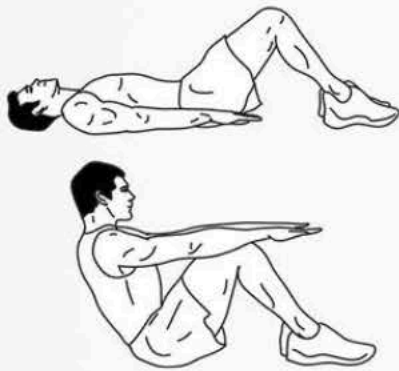
Day 24 | Ab Work

Level I 3 sets

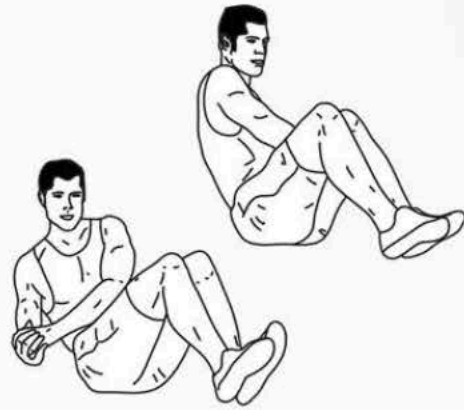
Level II 4 sets

Level III 5 sets

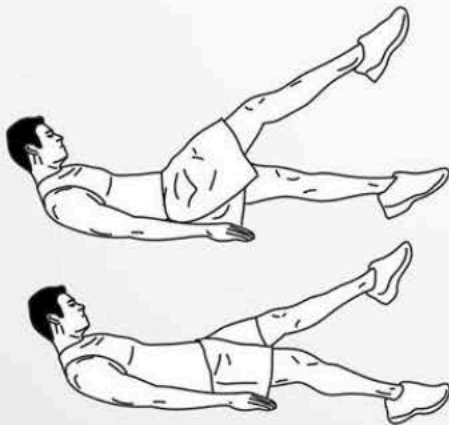
1 minute rest between sets



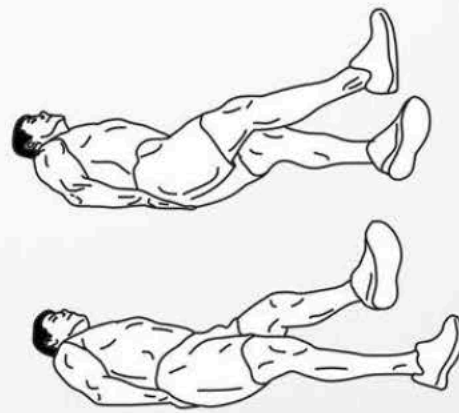
15sec sit-ups



15sec sitting twists



15sec flutter kicks



15sec scissors

30 Days of HIIT

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Day 25 | High Knees

Level I 3 sets

Level II 4 sets

Level III 5 sets



30 seconds

60 seconds

30 seconds rest

60 seconds rest

30 Days of HIIT

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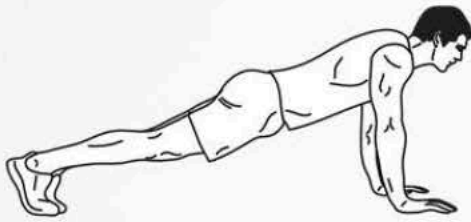
Day 26 | Active Plank

Level I 1 set

Level II 2 sets

Level III 3 sets

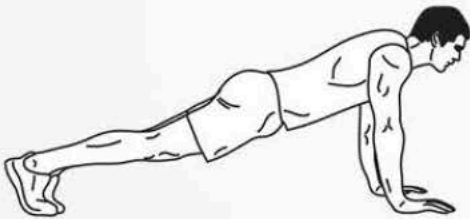
Move from one plank to the next with no rest in between; 2 minutes rest between sets



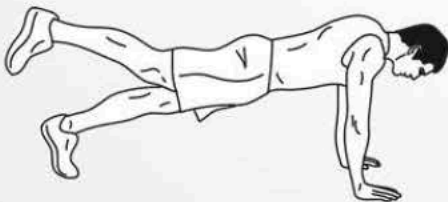
30 second plank



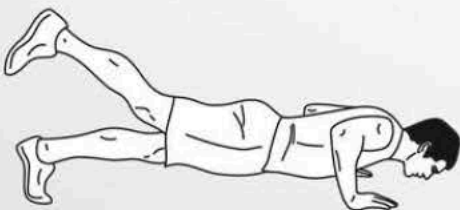
10 second push-up plank



20 seconds plank



20 second one-legged plank
(10 seconds each leg)



10 second one-legged push-up plank
(5 seconds each leg)

30 Days of HIIT

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Day 27 | Cardio HIIT

Level I 3 sets

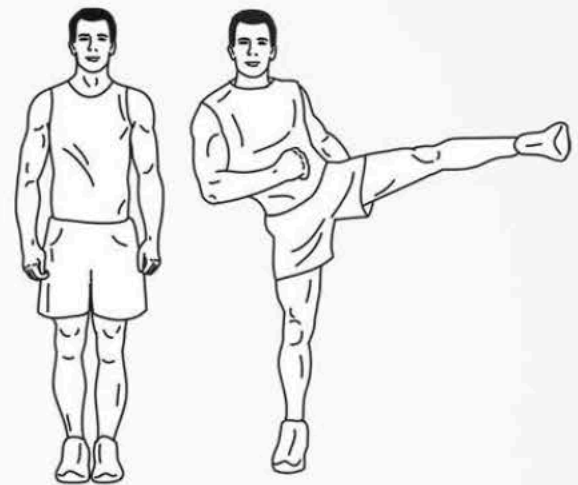
Level II 5 sets

Level III 7 sets

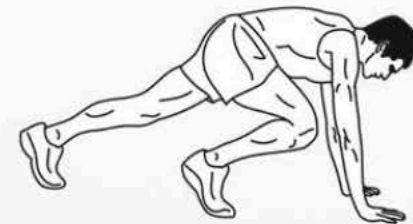
1 minute rest between sets



20sec high knees



20sec side leg raises



20sec climbers

30 Days of HIIT

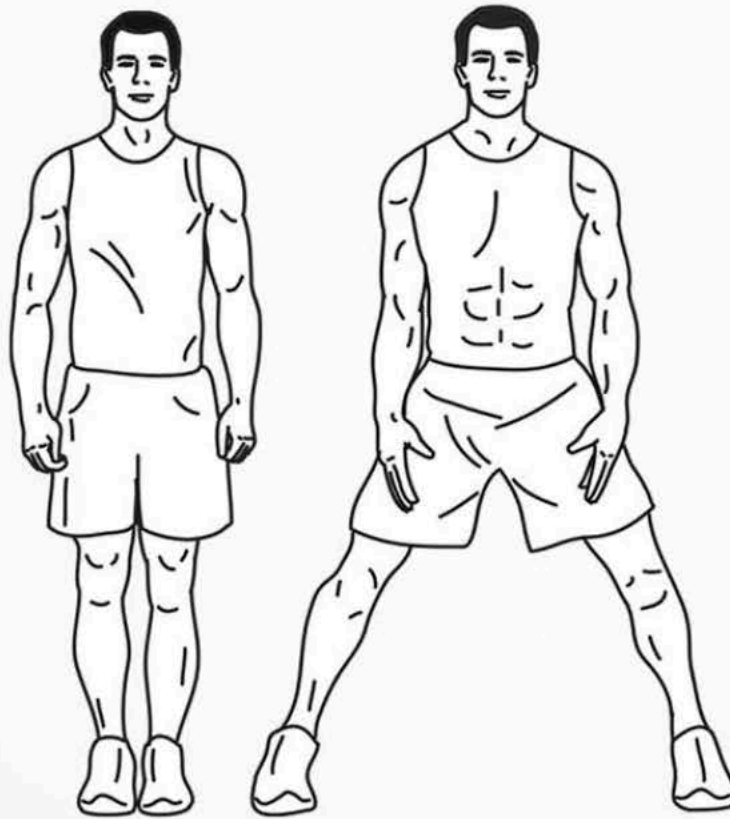
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Day 28 | Half Jacks

Level I 3 sets

Level II 4 sets

Level III 5 sets



30 seconds

30 seconds

30 seconds

10 seconds rest

20 seconds rest

60 seconds rest