

**ACTIVE HOME PHYSICAL EDUCATION: MIDDLE SCHOOL FITNESS FORWARD**

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 complete days 29 and 30 of the HIIT Challenge in order to follow my fitness plan.	I will use the Fitness Forward choice board to stay active and healthy.	I will work to support the wellness goals of my family and friends.	I will choose nutrition options from the Fitness Forward choice board to improve my overall wellness.	I will reflect on the relationship between physical activity, good nutrition, and emotional health.
<b>Today's Vocabulary</b>	<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>CHOICE BOARD</b> A chart of exercises, activities, or learning tasks providing options that students can choose from in completion of an assignment.	<b>SUPPORT</b> To give assistance. To empower another through help or encouragement.	<b>WELLNESS</b> A state of being in good health.	<b>RELATIONSHIP</b> The way in which two or more people (places, things, objects) are connected.
<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 29)</a>	<b>Activity 2:</b> <a href="#">30 Days of HIIT (DAY 30)</a>	<b>Activity 3:</b> <a href="#">Fitness Forward Choice Board</a>	<b>Activity 4:</b> <a href="#">Fitness Forward Choice Board</a>	<b>Activity 5:</b> <a href="#">Fitness Forward Choice Board</a>
<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>	Yes or No	Yes or No	Yes or No	Yes or No	Yes or No
<b>How am I feeling today?</b>	😊 😜 😞	😊 😜 😞	😊 😜 😞	😊 😜 😞	😊 😜 😞



# Fitness Forward Choice Board

**Pick an activity below. This week do 10 out of 12 activities to meet your physical education requirement.**  
 During Summer Vacation, keep this choice board on your wall for ideas for staying healthy and active.

**Student Name:**

<p>Hydrate with Water!        Thirsty? That means your body needs WATER! Don't grab drinks with added sugar – grab good old-fashioned water.</p>	<p><b>TABABTA HIIT WORKOUT</b>        1) Jumping Jacks (20 Sec)        2) Planks (20 Sec)        3) Jumping Jacks (20 Sec)        4) Push-Ups (20 Sec)        5) Jumping Jacks (20 Sec)        6) Burpees (20 Sec)        7) Jumping Jacks (20 Sec)        8) Planks (20 Sec)</p>	<p>Fruit is the original snack food!        For an entire day, eat fruit as your snacks. Skip all the other snacks and focus on fruits.</p>	<p><b>20 Min RUN-WALK HIIT</b>        1) Walk (2 Mins)        2) Run (1 Min)        3) Walk (3 Min)        4) Run (2 Min)        5) Walk (4 Min)        6) Run (3 Min)        7) Walk (5 Min)</p>
<p>Choose any HIIT Workout from the <a href="#">Darebee</a> 30-Days of HIIT Challenge</p>	<p>Crunch your Veggies!        Today is a veggie snack day. Grab the crunchy stuff – like carrots or celery – and crunch today's snacks.</p>	<p><b>BURPEE TABATA</b>        20 Seconds of Burpees        10 Seconds of Rest        Repeat 8 times.</p>	<p>Try something new! Eating a variety of foods from all food groups is really important. Today, try a healthy food that you've never tried before.</p>
<p>Walk and DON'T talk. As you walk, listen to the sounds of the world around you. Pay attention to natural sounds, machine sounds, and human sounds. Wow – the world is a really interesting place to listen.</p>	<p>Your activity choice!        Living a healthy and active lifestyle is all about making personal activity choices. You know what you like to do to <u>safely</u> move your body. Go do that for at least 15 minutes.</p>	<p><b>JUMPING JACK TABATA</b>        20 Seconds of Jumping Jacks        10 Seconds of Rest        Repeat 8 times.</p>	<p>Take a 15-minute WOG!        A WOG is a combination of WALK and JOG. Begin walking. Then, lean forward and pick up the speed just a little. It's okay to take short, quick steps. If you can go 1 mile in just under 15 minutes, then you've set a good WOGGING pace.</p>

Highlight each choice-board square that you complete and then submit your completed board to your physical education teacher.

# 30 Days of HIIT

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## Day 29 | Ab Work

Level I 3 sets

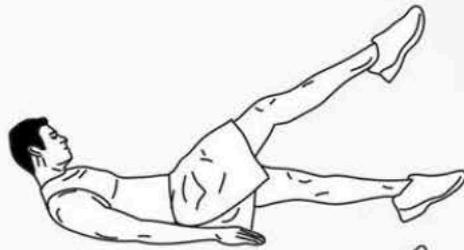
Level II 4 sets

Level III 5 sets

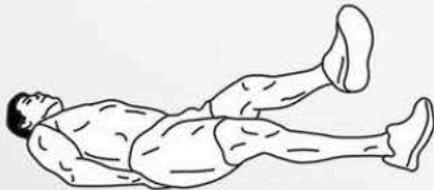
1 minute rest between sets



**15sec** crunches



**15sec** flutter kicks



**15sec** scissors



**15sec** knee-to-elbow crunches

# 30 Days of HIIT

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## Day 30 | Cardio HIIT

Level I 3 sets

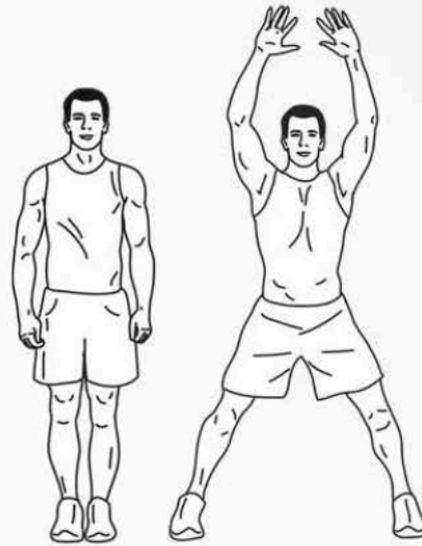
Level II 5 sets

Level III 7 sets

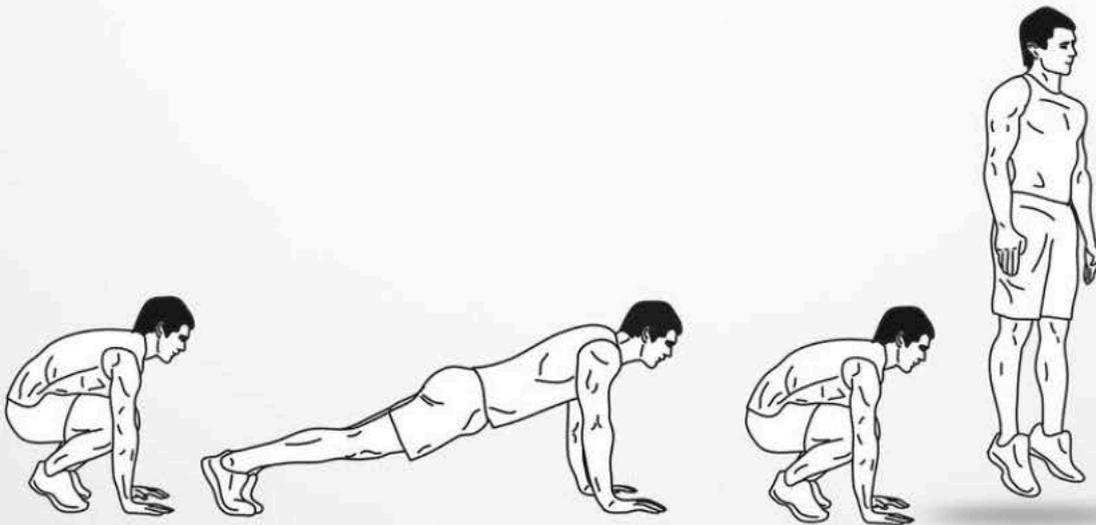
1 minute rest between sets



**20sec** high knees



**20sec** jumping jacks



**20sec** basic burpees