


















AT-HOME PHYSICAL EDUCATION

Weekly Plan for Students and Families

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.

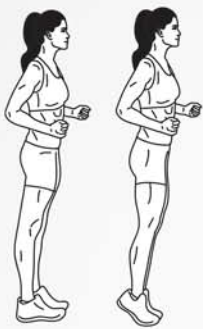
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
My Learning Goals	I will begin the 30 Days of HIIT challenge and complete all journal prompts.	I will be mindful of my perceived exertion during HIIT workout and complete journal prompts.	I will develop 3 strategies to maintain my perseverance during the 30 Days of HIIT 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.
Today's Vocabulary	HIIT (High Intensity Interval Training) A form of exercise characterized by a series of short bouts of vigorous exercise followed by brief periods of rest or moderate exercise.	PERCEIVED EXERTION How hard an individual feels her/his body is working during a bout of physical activity or exercise.	PERSEVERANCE To continue along a course of action in the face of difficulty.	LIFESTYLE The way in which a person lives. A way of life.	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 1) Complete Fitness Planning Journal Page	Activity 2: 30 Days of HIIT (DAY 2) Complete Fitness Planning Journal Page	Activity 3: 30 Days of HIIT (DAY 3) Complete Fitness Planning Journal Page	Activity 4: 30 Days of HIIT (DAY 4) Complete Fitness Planning Journal Page	Activity 5: 30 Days of HIIT (DAY 5) 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?	  	  	  	  	  

For more physical education resources and activity ideas for your family visit [OPENPhysEd.org](https://openphysed.org)

HEALER

DAREBEE WORKOUT @ darebee.com

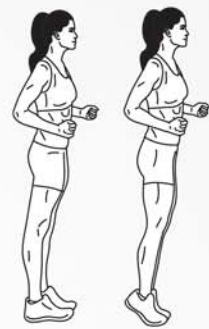
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



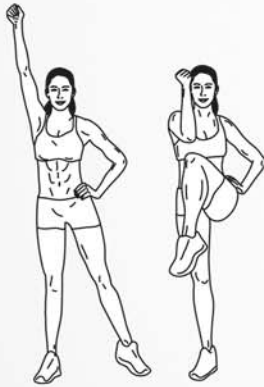
5 calf raises



10 reverse lunges



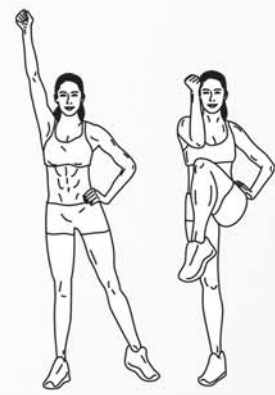
5 calf raises



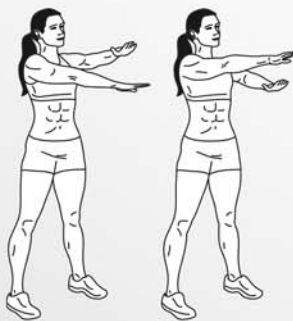
10 knee-to-elbows



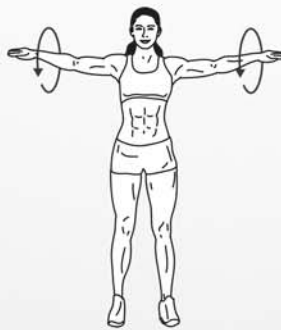
5 high squats



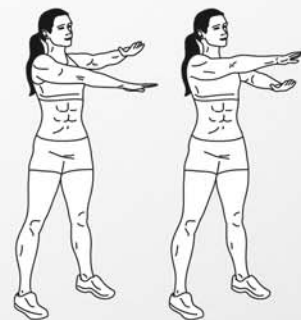
10 knee-to-elbows



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://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 1

LEARNING OUTCOMES:

- I will participate in a variety of aerobic and muscular fitness activities outside of the regular school day. (S3M3)
- I will apply heart rate information to my personal fitness routine and plans. (S3H10)

VOCABULARY FOCUS:

HIIT (High Intensity Interval Training): A form of exercise characterized by a series of short bouts of vigorous exercise followed by brief periods of rest or moderate exercise.

JOURNAL WRITING PROMPTS:

- In your own words, what do you know about aerobic activities?
- What do you know about muscular fitness activities?
- How are aerobic and muscular fitness activities similar?
- How are these types of activities different from each other?
- How does HIIT training work to improve your aerobic fitness and your muscular fitness?



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 3

LEARNING OUTCOMES:

- I will develop a plan of action to help me overcome challenges while I work to stay on track and complete the 30-Day HIIT Challenge. (S5M3)
- I will choose a level of challenge during my HIIT workouts that will help me experience the benefits of exercise as well as the success of completing the 30-day experience. (S5H2)

VOCABULARY FOCUS:

Perseverance: To continue along a course of action in the face of difficulty.

JOURNAL WRITING PROMPTS:

- How is the word perseverance related to this 30-Day HIIT Challenge?
- What do you think could be your biggest obstacle to completing the entire challenge?
- It's important to cope with challenges in positive ways. For example, asking for help or using positive and motivational self-talk can be effective ways to persevere in the face of a challenge.

Write down 2 specific coping strategies that you can use during this challenge that will help you stay on track and complete the challenge.



DAY 4

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:

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

JOURNAL WRITING PROMPTS:

- Why is it important for you to be physically active on a regular basis?

- People enjoy different things. They enjoy different types of music, different foods, and different types of movies. It's natural that people would enjoy different types of exercise and movement.

What physical activities do you enjoy the most?

- How can you incorporate those activities into a daily and weekly routine in order to create a physically active lifestyle?



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	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.

30 Days of HIIT

© darebee.com

Day 1 | Cardio HIIT

Level I 3 sets

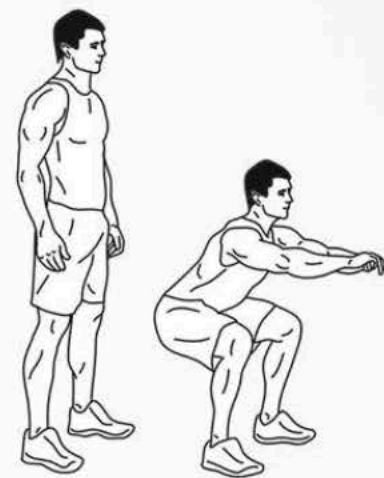
Level II 5 sets

Level III 7 sets

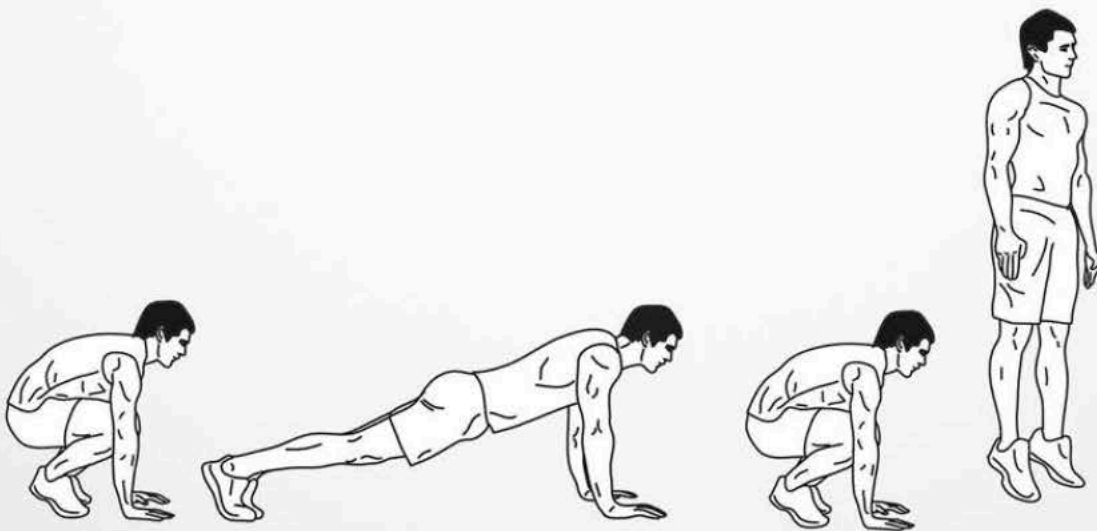
1 minute rest between sets



20sec high knees



20sec squats



20sec basic burpees

30 Days of HIIT

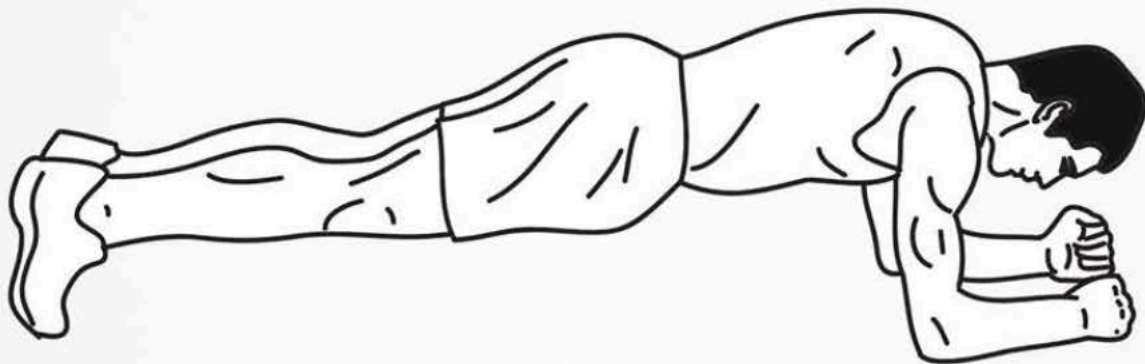
© darebee.com

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

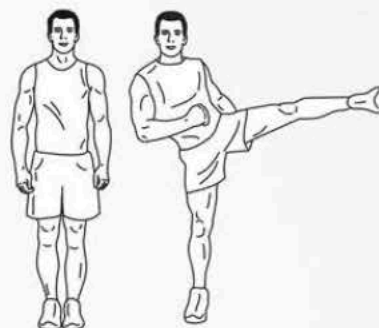
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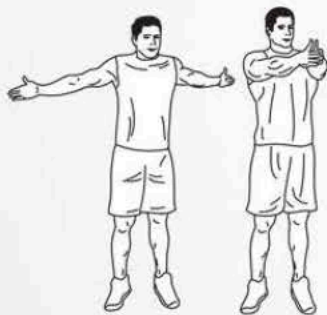
1. high knees



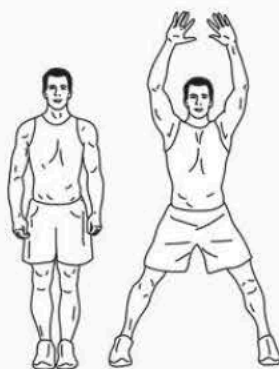
2. butt kicks



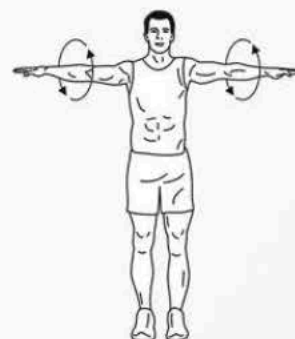
3. side leg raises



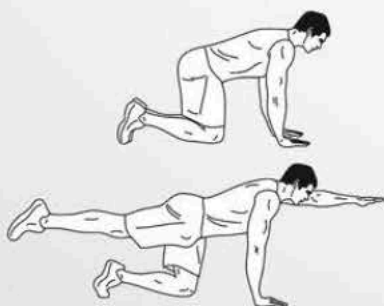
4. chest expansions



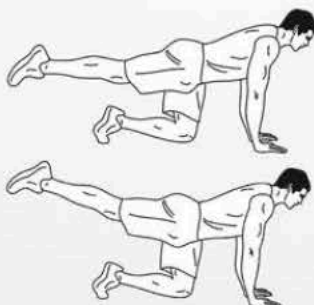
5. jumping jacks



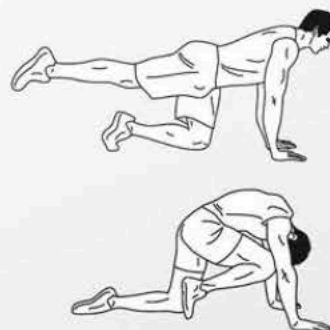
6. raised arm circles



7. alt arm / leg raises



8. raised leg swings



9. knee-in extensions

30 Days of HIIT

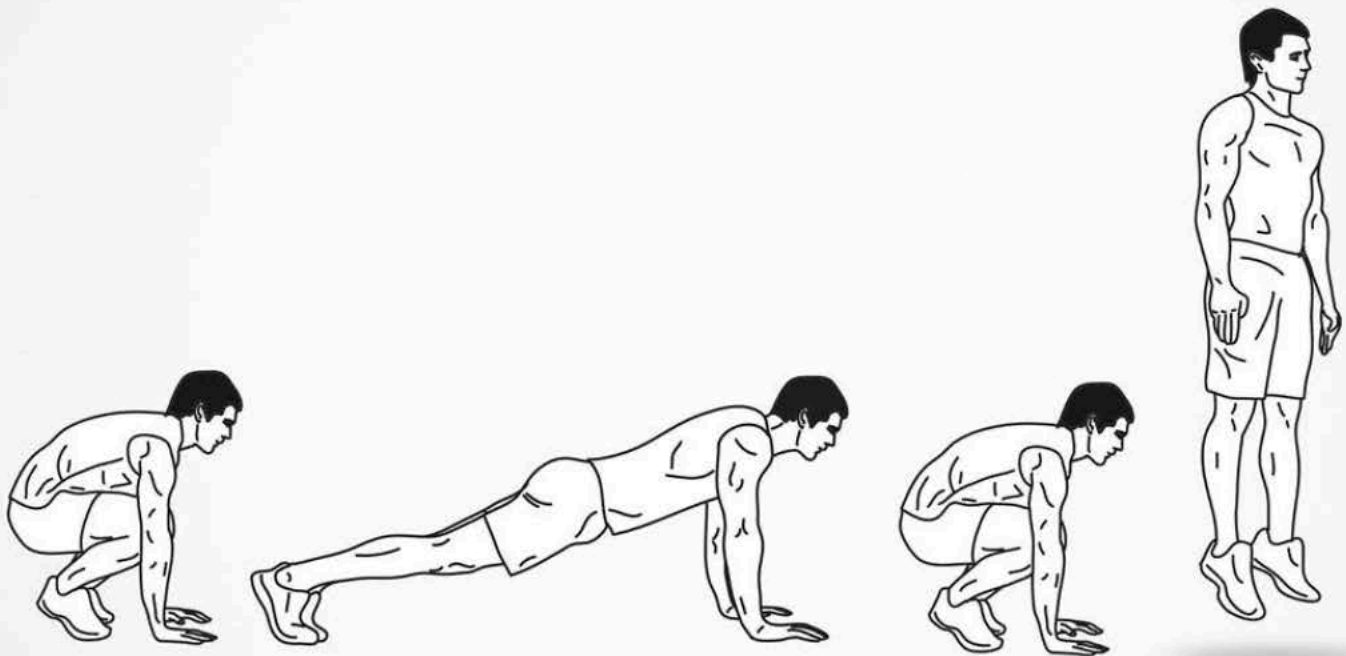
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Day 4 | Basic Burpees

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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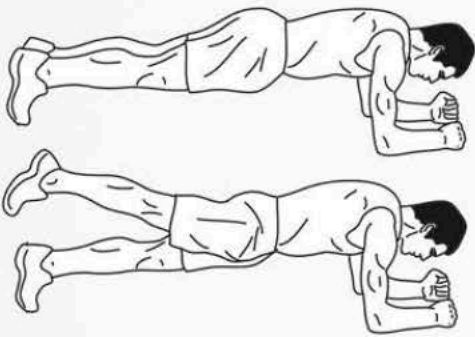
Day 5 | Active Plank

Level I 3 sets

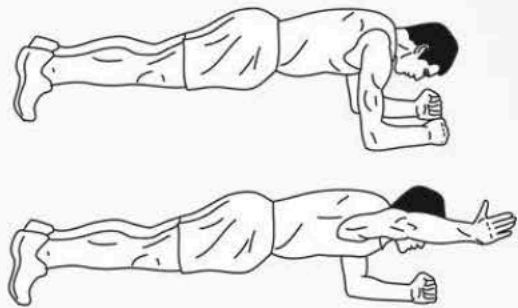
Level II 4 sets

Level III 5 sets

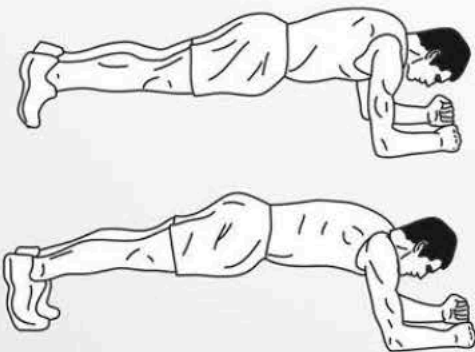
1 minute rest between sets



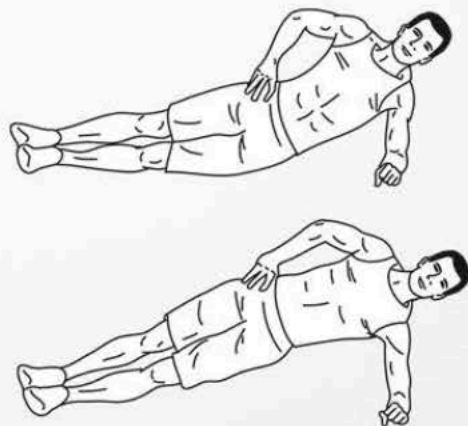
15sec elbow plank leg raises



15sec elbow plank arm raises



15sec body saw



15sec side bridges

30 Days of HIIT

© darebee.com

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

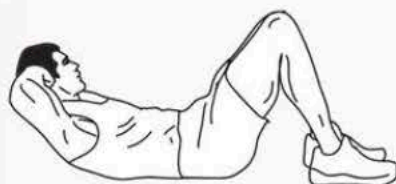
Level II 4 sets

Level III 5 sets

1 minute rest between sets



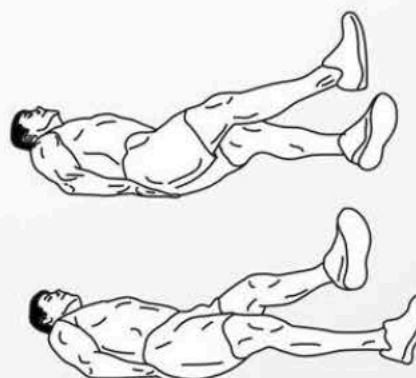
15sec crunches



15sec reverse crunches



15sec flutter kicks



15sec scissors



HIGH INTENSITY INTERVAL TRAINING

	HR Zone BPM	Benefits	Perceived Exertion	Recommended For:
PERFORMANCE	90 to 100% 180 – 200	Max performance & speed	Exhausting for breathing and muscles	Those training for specific vigorous performances
HEART HEALTH	70 to 90% 140 – 180	Aerobic fitness & performance capacity	Some muscle fatigue, heavy breathing, sweating	Everyone: Moderately long activity
	60 to 70% 120 – 140	Basic endurance and fat burning	Light muscle exertion, easy breathing, light sweating	Everyone: Longer, more frequent activity
ACTIVE	50 to 60% 100 – 120	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
@ darebee.com

Hold each pose
for 20 seconds.



reach



shoulders back



knee bend to cobra



twist



forward bend



straight back