


















AT-HOME PHYSICAL EDUCATION

Weekly Plan for Students and Families

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 work to develop both health- and skill-related fitness while actively engaging in daily HIIT challenges.	I will discuss the benefits of plank as it relates to overall muscular fitness.	I will work in the Heart Health Zone while being mindful of my perceived exertion.	I will discuss the relationship between good nutrition and fewer health risk factors.	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.	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 8) Complete Fitness Planning Journal Page	Activity 2: 30 Days of HIIT (DAY 9) Complete Fitness Planning Journal Page	Activity 3: 30 Days of HIIT (DAY 10) Complete Fitness Planning Journal Page	Activity 4: 30 Days of HIIT (DAY 11) Complete Fitness Planning Journal Page	Activity 5: 30 Days of HIIT (DAY 12) 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)



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



High Intensity Interval Training Fitness Reflection Journal

This is week 2 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://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 8

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:

- Choose 2 components of skill-related fitness listed above. In your own words, what do you know about each of these components?
- Today's HIIT workout includes side-to-side jumps. What skill-related fitness component is most relevant to this exercise? Explain why you chose that component.
- So far you've written about 3 of the 6 component of skill-related fitness. Choose 1 of those 3 and describe why it's important to your overall fitness and wellness goals.



DAY 9

LEARNING OUTCOMES:

- I will discuss the benefits of plank as it relates to overall muscular fitness. (S3M10)
- I will discuss the way in which plank 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:

- How is plank related to muscular strength?
- How is plank related to muscular endurance?
- In your own words, what are the benefits to performing plank as a regular part of your fitness program?
- Why is it important to develop good muscular fitness? (Name and explain at least 2 reasons.)



DAY 10

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 11

LEARNING OUTCOMES:

- I will discuss the relationship between good nutrition and fewer health risk factors. (S4M17)
- I will discuss healthy snacking 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:

- Why is it important for you to fuel your body with nutritious foods?
- By eat the right amounts of nutritious food, what health risks are you helping your body avoid?
- Name 2 of your favorite healthy snacks.
- Healthy snacking can increase your energy and help you decrease unhealthy cravings. What do your routine snacks say about your lifestyle?
- How can you modify your snack plan to make it healthier?



DAY 12, DAY 13, and DAY 14

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 than last weekend's plan?

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

30 Days of HIIT

© darebee.com

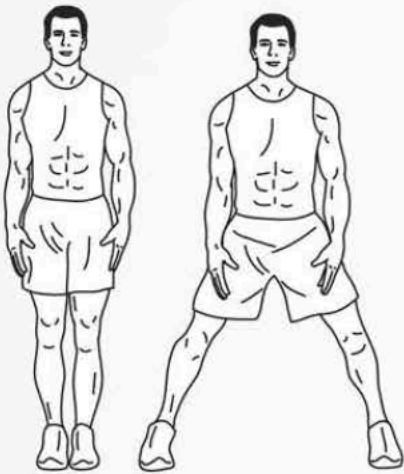
Day 8 | Cardio HIIT

Level I 3 sets

Level II 5 sets

Level III 7 sets

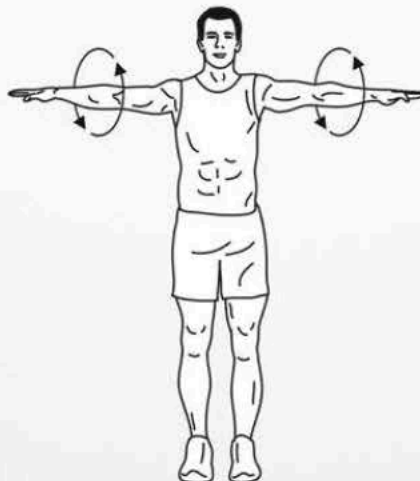
1 minute rest between sets



20sec half jacks



20sec side-to-side jumps



20sec raised arm circles

30 Days of HIIT

© darebee.com

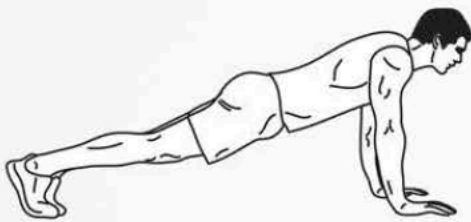
Day 9 | Active Plank

Level I 1 set

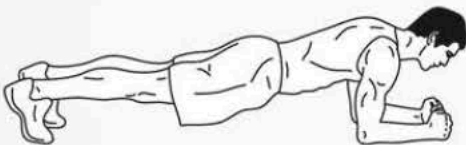
Level II 2 sets

Level III 3 sets

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



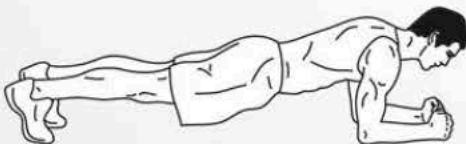
10 second plank



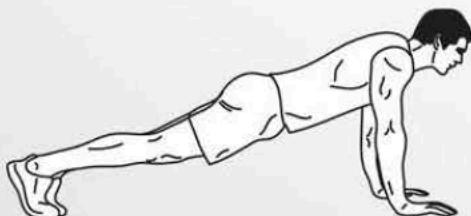
10 second elbow plank



20 seconds one arm plank
(10 seconds each arm)



10 second elbow plank



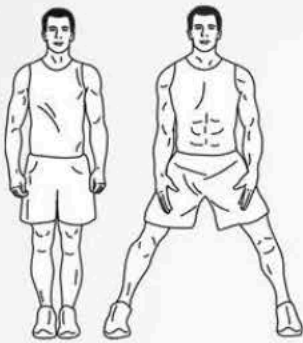
10 second plank

30 Days of HIIT

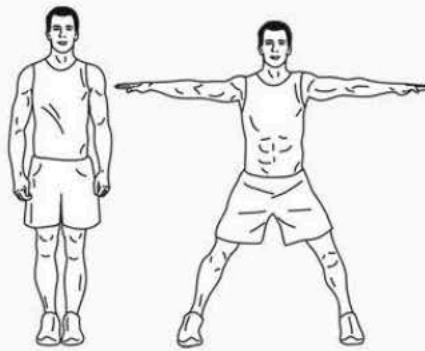
Day 10 | One & One

1 minute each exercise;
1 minute rest between exercises

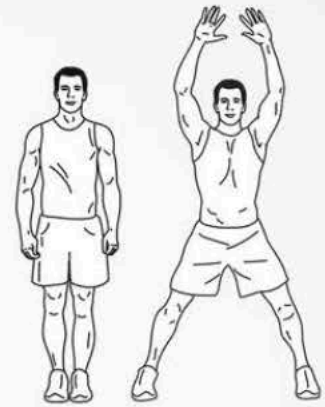
© darebee.com



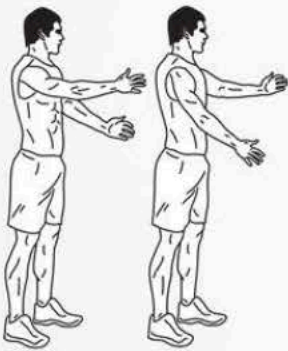
1. half jacks



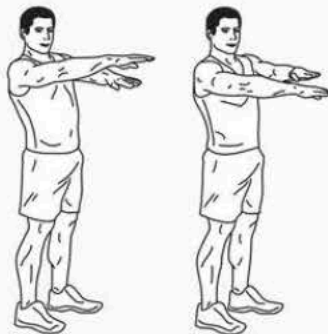
2. jumping Ts



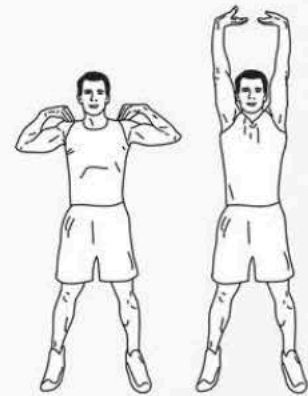
3. jumping jacks



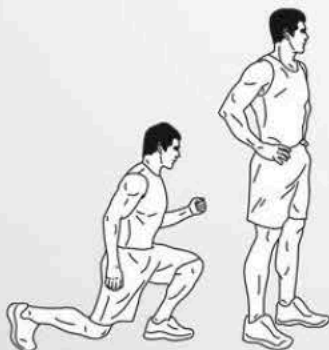
4. scissors chops



5. arm scissors



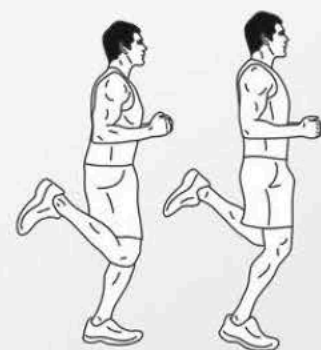
6. standing shoulder taps



7. reverse lunges



8. high knees



9. butt kicks

30 Days of HIIT

© darebee.com

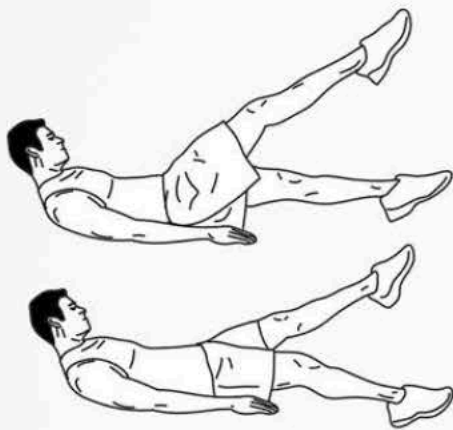
Day 11 | Ab Work

Level I 3 sets

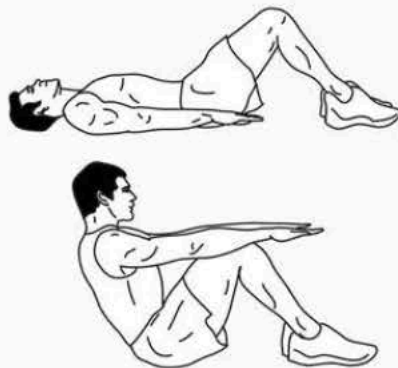
Level II 4 sets

Level III 5 sets

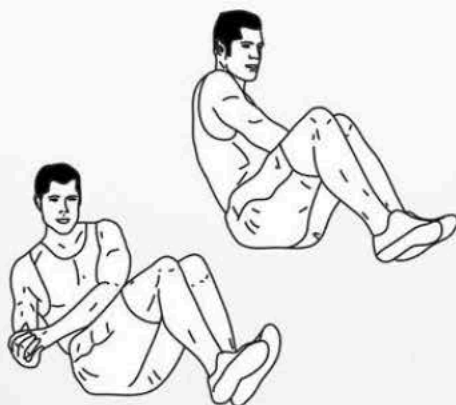
1 minute rest between sets



20sec flutter kicks



20sec sit-ups



20sec sitting twists

30 Days of HIIT

© darebee.com

Day 12 | Active Plank

Level I 3 sets

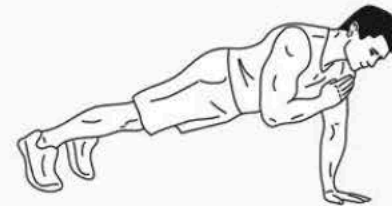
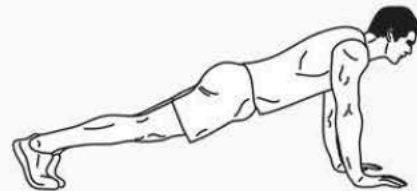
Level II 4 sets

Level III 5 sets

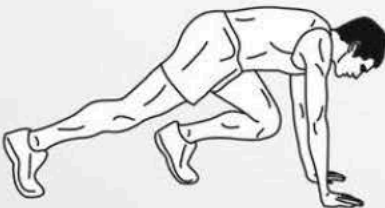
1 minute rest between sets



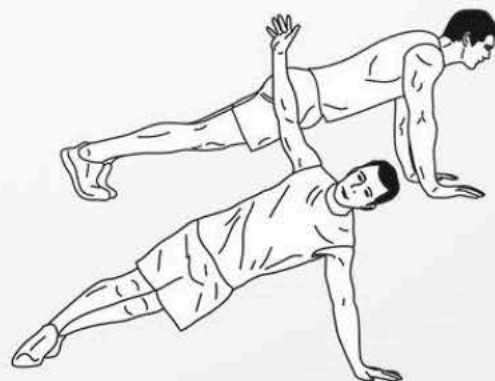
15sec climbers



15sec shoulder taps



15sec climbers



15sec plank rotations

30 Days of HIIT

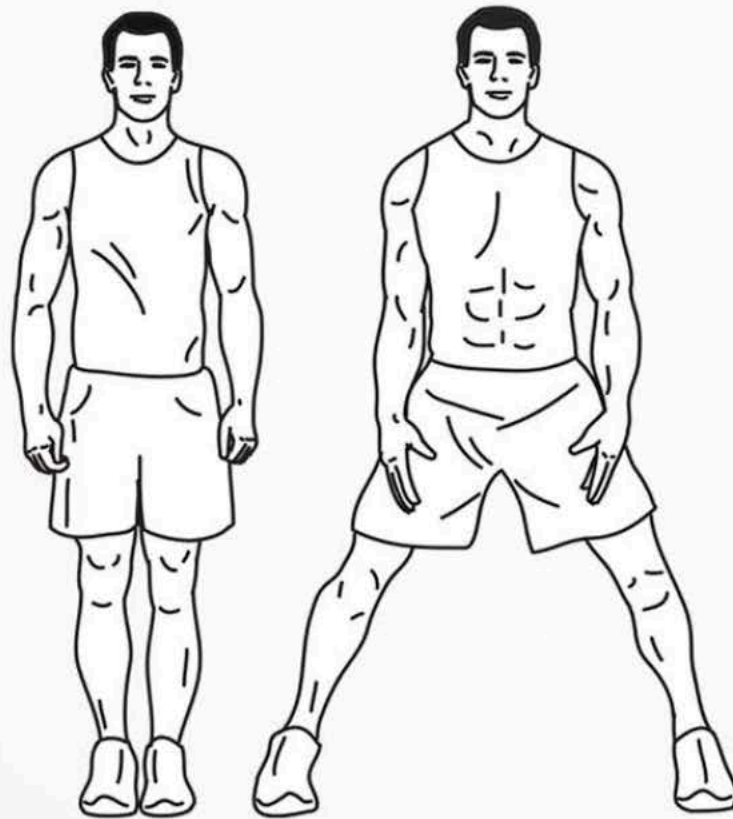
© darebee.com

Day 13 | Half Jacks

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

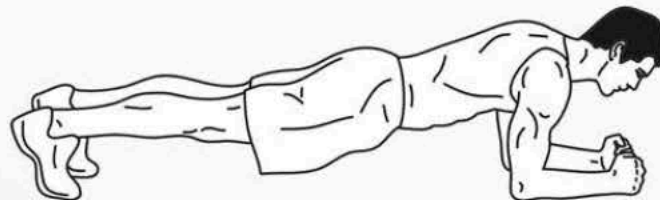
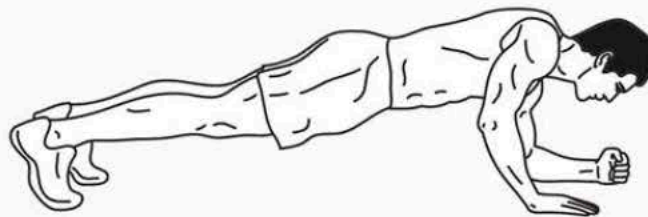
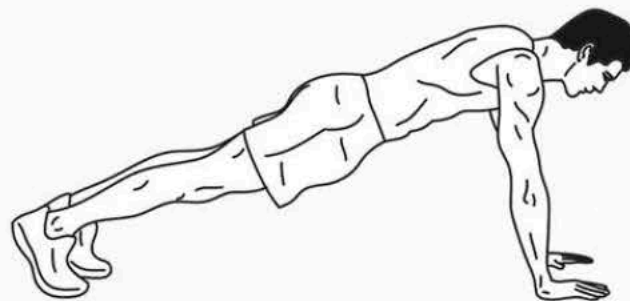
© darebee.com

Day 14 | Up & Down 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



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.