**ACTIVE HOME PHYSICAL EDUCATION: 9-12 Fitness Knowledge**

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| **5 Day Rotation** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** |
| Conceptof Focus | I can keep an active lifestyle while staying at home from school. | I can develop my personal fitness to stay active for 60 minutes each day.  | I can develop my cardiorespiratory endurance while completing fitness activities.  | I can develop my muscular strength at home to improve overall fitness.  | I can flex and extend my muscles to improve my personal fitness.  |
| AcademicLanguagefor Today | **ACTIVE LIFESTYLE**A way of life which values physical activity as an essential part of living; physical activity is a part of daily routines. | **FITNESS**The degree to which a person is able to meet the physical, intellectual, and emotional demands for everyday living. | **CARDIORESPIRATORY ENDURANCE**The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to muscles during long periods of exercise. | **MUSCULAR STRENGTH**The maximum amount of force a muscle can produce in a single effort. | **DYNAMIC STRETCHING**An exercise or fitness routine in which movement and active muscular effort are used to warm up and stretch muscles. |
| Warm-up | [Darebee.com Rookie](https://darebee.com/pdf/workouts/rookie-workout.pdf) | [Darebee.com Rookie](https://darebee.com/pdf/workouts/rookie-workout.pdf) | [Darebee.com Rookie](https://darebee.com/pdf/workouts/rookie-workout.pdf) | [Darebee.com Rookie](https://darebee.com/pdf/workouts/rookie-workout.pdf) | [Darebee.com Rookie](https://darebee.com/pdf/workouts/rookie-workout.pdf) |
| OPEN Home Activity | [Cone Flip Chaos](https://openphysed.org/wp-content/uploads/2018/08/H-21-03-PlugPlay-09-ConeFlipChaos.pdf)Complete this activity with a friend or family member. | [AMRAP Challenges](https://openphysed.org/wp-content/uploads/2019/05/M-06-09a-FitKnow-AMRAPChallengeTaskCards.pdf)Complete as many AMRAP Challenges as you can in 10 minutes. | [Tabata Challenges](https://openphysed.org/wp-content/uploads/2017/08/M-10-06-b-Tabata-OneandDoneRoutineCards.pdf)Complete 16 minutes of Tabata Training. | [Cone Flip Chaos](https://openphysed.org/wp-content/uploads/2018/08/H-21-03-PlugPlay-09-ConeFlipChaos.pdf)Complete this activity with a friend or family member.  | [Warrior Fitness](https://openphysed.org/wp-content/uploads/2018/05/M-21-03-PlugPlay-05-WarriorFitness.pdf)Play the card game war with a friend. Use the chart to add fitness exercises.[Warrior Chart](https://openphysed.org/wp-content/uploads/2018/05/M-21-07-PlugPlay-WarriorFitnessChart.pdf) |
| Daily Fitness Activity | [Choose 1 No-Equipment Workout](https://darebee.com/no-equipment-workouts.html) | [Choose 1 No-Equipment Workout](https://darebee.com/no-equipment-workouts.html) | [Choose 1 No-Equipment Workout](https://darebee.com/no-equipment-workouts.html) | [Choose 1 No-Equipment Workout](https://darebee.com/no-equipment-workouts.html) | [Choose 1 No-Equipment Workout](https://darebee.com/no-equipment-workouts.html) |
| Mindfulness | Learn some Tia ChiPerform Ju Fu Card 1. Practice this video 2X.[Ju Fu Kata (Jigsaw #1)](https://www.youtube.com/watch?v=lsR3j5SgTlM&feature=youtu.be) | Learn some Tia ChiPerform Ju Fu Card 2. Practice this video 2X.[Ju Fu Kata (Jigsaw #2)](https://www.youtube.com/watch?v=noZY6aAgqmY&feature=youtu.be) | Learn some Tia ChiPerform Ju Fu Card 3. Practice this video 2X.[Ju Fu Kata (Jigsaw #3)](https://www.youtube.com/watch?v=TycrXDOCLIQ&feature=youtu.be) | Learn some Tia ChiPerform Ju Fu Card 4. Practice this video 2X.[Ju Fu Kata (Jigsaw #4)](https://www.youtube.com/watch?v=lq-_0ekJAFM&feature=youtu.be) | Learn some Tia ChiPerform Ju Fu Full Video. Practice 2X.[Ju Fu Kata (Full Video)](https://www.youtube.com/watch?v=yT2pJK26HN4&feature=youtu.be) |
| Assessment(s) | [Physical Activity Log](https://openphysed.org/wp-content/uploads/2018/09/AH-X8-ActiveHome-ActivityLogPage.pdf) | [Physical Activity Log](https://openphysed.org/wp-content/uploads/2018/09/AH-X8-ActiveHome-ActivityLogPage.pdf) | [Physical Activity Log](https://openphysed.org/wp-content/uploads/2018/09/AH-X8-ActiveHome-ActivityLogPage.pdf) | [Physical Activity Log](https://openphysed.org/wp-content/uploads/2018/09/AH-X8-ActiveHome-ActivityLogPage.pdf) | [Physical Activity Log](https://openphysed.org/wp-content/uploads/2018/09/AH-X8-ActiveHome-ActivityLogPage.pdf) |