**ACTIVE HOME PHYSICAL EDUCATION: 6-8 Fitness Knowledge**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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 by staying active for 60 minutes each day. | I can develop my cardiorespiratory endurance at home. | I can develop my muscular strength at home to improve overall fitness. | I can flex and extend my muscles to improve my overall 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 the 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 | [RPS Victory Lap](https://openphysed.org/wp-content/uploads/2016/07/S-01-03-InstantActs_02_RPSVictoryLap.pdf) | [RPS Victory Lap](https://openphysed.org/wp-content/uploads/2016/07/S-01-03-InstantActs_02_RPSVictoryLap.pdf) | [RPS Victory Lap](https://openphysed.org/wp-content/uploads/2016/07/S-01-03-InstantActs_02_RPSVictoryLap.pdf) | [RPS Victory Lap](https://openphysed.org/wp-content/uploads/2016/07/S-01-03-InstantActs_02_RPSVictoryLap.pdf) | [RPS Victory Lap](https://openphysed.org/wp-content/uploads/2016/07/S-01-03-InstantActs_02_RPSVictoryLap.pdf) |
| OPEN Home Activity | [Fitness Knowledge](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/fitness-knowledge/I-03-03A-FitKnow-1MinuteFitnessChallenge.pdf?dl=0)Today you’re going to complete a series of 1-Minute Fitness Challenges.[1 Minute Fitness Challenges Card](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/fitness-knowledge/I-03-03A-FitKnow-1MinuteFitnessChallenge.pdf?dl=0) | [AMRAP](https://openphysed.org/wp-content/uploads/2019/05/M-06-09a-FitKnow-AMRAPChallengeTaskCards.pdf)This is AMRAP Teamwork. Complete each AMRAP station. You will identify the related components of fitness.[AMRAP Cards](https://openphysed.org/wp-content/uploads/2019/05/M-06-09a-FitKnow-AMRAPChallengeTaskCards.pdf) | [Cupid Fitness Capacity](https://openphysed.org/wp-content/uploads/2019/05/M-06-10-FitKnow-CupidCapacityTaskCards.pdf)This is Cupid Fitness Shuffle. Complete the Cupid Shuffle using fitness movements in order to feel our body’s physiological response.[Cupid’s Fitness Capacity](https://openphysed.org/wp-content/uploads/2019/05/M-06-10-FitKnow-CupidCapacityTaskCards.pdf) | [Planking Hockey](https://openphysed.org/wp-content/uploads/2018/05/M-21-03-PlugPlay-04-PlankingHockey.pdf)Score points by rolling the ball between your opponent’s hands.[Full Activity Plan](https://openphysed.org/wp-content/uploads/2018/05/M-21-03-PlugPlay-04-PlankingHockey.pdf) | [Fitness Knowledge](https://darebee.com/workouts/unplugged-workout.html)It’s time to continue working on our flexibility and balance with Unplugged from Darebee.com.[Unplugged Workout](https://darebee.com/workouts/unplugged-workout.html) |
| Daily Fitness Activity | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) |
| Mindfulness | Sun Salutation #1 Follow the car to perform with family.[Sun Salutation #1](https://openphysed.org/wp-content/uploads/2019/11/E-10-6h-Yoga-SunSalutationsPeerTeachingCard.pdf) | Sun Salutation #2 Follow the car to perform with family.[Sun Salutation #2](https://openphysed.org/wp-content/uploads/2019/11/E-10-6h-Yoga-SunSalutationsPeerTeachingCard.pdf) | Sun Salutation #3Follow the car to perform with family.[Sun Salutation #3](https://openphysed.org/wp-content/uploads/2019/11/E-10-6h-Yoga-SunSalutationsPeerTeachingCard.pdf) | Sun Salutation #4 Follow the car to perform with family.[Sun Salutation #4](https://openphysed.org/wp-content/uploads/2019/11/E-10-6h-Yoga-SunSalutationsPeerTeachingCard.pdf) | Sun Salutation Follow the car to perform with family.[Full Sun Salutation](https://openphysed.org/wp-content/uploads/2019/11/E-10-6h-Yoga-SunSalutationsPeerTeachingCard.pdf) |
| 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) |