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

Complete the activity with a friend or family member. Don’t forget to log your daily physical activity time.

Lesson Intro Video to FITT Principle: [Brain Bites- The F.I.T.T Principle](https://youtu.be/yAFb0vxopmc)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **DAY 1** | **DAY 2** | **DAY 3** | **DAY 4** | **DAY 5** |
| **My Learning Goals** | I will coordinate my body movements to complete consecutive hits. | I will develop a frequency for my workout. | I will measure my intensity during my personal workout. | I will complete two fitness cards for a period of \_\_ minutes. | I will demonstrate two types of fitness during my workout. |
| **Today’s Vocabulary** | **FITT PRINCIPLE**  A personal fitness concept that is inclusive of frequency, intensity, time, and type for exercise. | **FREQUENCY**  The rate at which something occurs or is repeated over a particular period of time. | **INTENSITY**  The amount of exertion used when performing an exercise or activity. | **TIME**  The duration of an event or period. | **TYPE**  The activity category associated with a given exercise (e.g., strength training, cardio, etc.). |
| **Warm-Up Activity** | [Keeper](https://darebee.com/workouts/keeper-workout.html)  (Darebee) | [Lockdown](https://darebee.com/workouts/lockdown-workout.html)  (Darebee) | [Keeper](https://darebee.com/workouts/keeper-workout.html)  (Darebee) | [Lockdown](https://darebee.com/workouts/lockdown-workout.html)  (Darebee) | [The Final Bell](https://darebee.com/workouts/final-bell-workout.html)  (Darebee) |
| **Learning Focus Activity** | **Activity 1:**  [One and Done](https://openphysed.org/wp-content/uploads/2018/09/AH-X9-ActiveHome-2WeekFitnessJournal.pdf)  Perform the One and Done routine. Use the video link below for guidance.  [Optional Video](https://www.youtube.com/watch?v=2XuZbDDSJAk) | **Activity 2:**  [Create Your Own One and Done](https://openphysed.org/wp-content/uploads/2017/08/M-10-11-b-Tabata-BlankOneandDoneRoutineCards.pdf)  Design Your Own 6 exercise routine.  [Additional Ideas](https://openphysed.org/wp-content/uploads/2017/08/M-10-06-b-Tabata-OneandDoneRoutineCards.pdf) | **Activity 3:**  [Coach D’s](https://openphysed.org/wp-content/uploads/2019/05/M-06-07-FitKnow-CoachDFITTnessWarmUpCards.pdf)  [Warm-up Card](https://openphysed.org/wp-content/uploads/2019/05/M-06-07-FitKnow-CoachDFITTnessWarmUpCards.pdf)  Perform each exercise for 1 min with a 30 sec break.  [Perceived Exertion](https://openphysed.org/wp-content/uploads/2019/05/M-06-09b-FitKnow-ExertionCard.pdf) | **Activity 4:**  [Tabata To Improve](https://openphysed.org/wp-content/uploads/2019/05/M-06-12-FitKnow-TabataToImproveActivityCards.pdf)  Complete two 4 min Tabata workouts.  Complete the Aerobic Capacity & Muscular Strength Cards. | **Activity 5:**  [Tabata To Improve](https://openphysed.org/wp-content/uploads/2019/05/M-06-12-FitKnow-TabataToImproveActivityCards.pdf)  Complete to 4 min Tabata workouts.  Complete the Flexibility & Muscular Endurance Cards. |
| **Daily Movement Activity** | [1-Min Cardio](https://darebee.com/pdf/challenges/1minute-cardio-challenge.pdf)  (Darebee) | [1-Min Cardio](https://darebee.com/pdf/challenges/1minute-cardio-challenge.pdf)  (Darebee) | [Good Morning](https://darebee.com/challenges/good-morning-challenge.html)  (Darebee) | [Good Morning](https://darebee.com/challenges/good-morning-challenge.html)  (Darebee) | [Good Morning](https://darebee.com/challenges/good-morning-challenge.html)  (Darebee) |
| **Refocus** | [Relax 5-Min Guide](https://youtu.be/lUJ3nl7N35Q)  (2bpresent) | [7-11 Breathing](https://youtu.be/sFP65kZBtaQ)  (2bpresent) | [Relax 5-Min Guide](https://youtu.be/lUJ3nl7N35Q)  (2bpresent) | [7-11 Breathing](https://youtu.be/sFP65kZBtaQ)  (2bpresent) | [Nostril Breathing](https://www.youtube.com/watch?v=xxBJOAaCWIM&feature=youtu.be)  (V. Otto) |
| **Optional Assessment** | [FITT Formula Log](https://openphysed.org/wp-content/uploads/2019/05/M-06-17-FitKnow-FITTFormulaActivityLog.pdf) | [FITT Formula Log](https://openphysed.org/wp-content/uploads/2019/05/M-06-17-FitKnow-FITTFormulaActivityLog.pdf) | [FITT Formula Log](https://openphysed.org/wp-content/uploads/2019/05/M-06-17-FitKnow-FITTFormulaActivityLog.pdf) | [FITT Formula Log](https://openphysed.org/wp-content/uploads/2019/05/M-06-17-FitKnow-FITTFormulaActivityLog.pdf) | [FITT Formula Log](https://openphysed.org/wp-content/uploads/2019/05/M-06-17-FitKnow-FITTFormulaActivityLog.pdf) |
| **Did I log my total activity time?** | **YES or NO?** | **YES or NO?** | **YES or NO?** | **YES or NO?** | **YES or NO?** |
| **How am I feeling today?** |  |  |  |  |  |