**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)

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|  | **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?** |  |  |  |  |  |