


















## AT-HOME PHYSICAL EDUCATION

### Weekly Plan for Students and Families

#### ACTIVE HOME PHYSICAL EDUCATION: HIGH SCHOOL CREATIVE FITNESS MODE

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](#)

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>My Learning Goals</b>	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.
<b>Today's Vocabulary</b>	<b>FITT PRINCIPLE</b> A personal fitness concept that is inclusive of frequency, intensity, time, and type for exercise.	<b>FREQUENCY</b> The rate at which something occurs or is repeated over a particular period of time.	<b>INTENSITY</b> The amount of exertion used when performing an exercise or activity. <a href="#">Perceived Exertion</a>	<b>TIME</b> The duration of an event or period.	<b>TYPE</b> The activity category associated with a given exercise (e.g., strength training, cardio, etc.).
<b>Warm-Up Activity</b>	<a href="#">Keeper</a> (Darebee)	<a href="#">Lockdown</a> (Darebee)	<a href="#">Keeper</a> (Darebee)	<a href="#">Lockdown</a> (Darebee)	<a href="#">The Final Bell</a> (Darebee)
<b>Learning Focus Activity</b>	<b>Activity 1:</b> <a href="#">Tabata Routine Cards</a> Select three of the Tabata Cards and perform the exercises listed.	<b>Activity 2:</b> <a href="#">Create Your Own Tabata Routine</a> Design your own Tabata routine. Set a goal for your workout frequency.  <a href="#">Additional Ideas</a>	<b>Activity 4:</b> <a href="#">Tabata Interval Routine 1</a> Complete 2 rounds of the Tabata Interval at a high intensity.  <a href="#">Video Links 1</a>	<b>Activity 5:</b> <a href="#">Tabata Interval Routine 2</a> Complete the first round as normal. The second round you choose the time for work and rest.  <a href="#">Video Links 2</a>	<b>Activity 5:</b> <a href="#">Home Tabata Routine Card</a> Design a simple selecting various types of exercises. Then complete your workout.  <a href="#">Planning Worksheet</a>
<b>Daily Movement Activity</b>	<a href="#">1-Min Cardio</a> (Darebee)	<a href="#">1-Min Cardio</a> (Darebee)	<a href="#">Good Morning</a> (Darebee)	<a href="#">Good Morning</a> (Darebee)	<a href="#">Good Morning</a> (Darebee)
<b>Refocus</b>	<a href="#">Relax 5-Min Guide</a> (2bpresent)	<a href="#">7-11 Breathing</a> (2bpresent)	<a href="#">Relax 5-Min Guide</a> (2bpresent)	<a href="#">7-11 Breathing</a> (2bpresent)	<a href="#">Nostril Breathing</a> (V. Otto)
<b>Optional Assessment</b>	<a href="#">FITT Formula Log</a>	<a href="#">FITT Formula Log</a>	<a href="#">FITT Formula Log</a>	<a href="#">FITT Formula Log</a>	<a href="#">FITT Formula Log</a>
<b>How am I feeling today?</b>	  	  	  	  	  

For more physical education resources and activity ideas for your family visit [OPENPhysEd.org](#)

## FITT FORMULA ACTIVITY LOG

**FITT Formula** (*noun*) A personal fitness concept that includes 4 elements of fitness planning: frequency, intensity, time, and type. These elements create the foundation of a comprehensive fitness plan.

The FITT Formula helps us define and remember the 4 essential elements to a well-written personal fitness plan. Use the chart below to track your FITT status for 1 week.

Key: L = Light Intensity      M=Moderate Intensity      V=Vigorous Intensity  
 AC=Aerobic Capacity      MF=Muscular Fitness      FL=Flexibility

*(Note: This can be done in real-time as a log, or as an activity recall exercise)*

Day of the Week	Activity Name	Intensity			Time	Type		
Monday 1		L	M	V		AC	MF	FL
Monday 2		L	M	V		AC	MF	FL
Tuesday 1		L	M	V		AC	MF	FL
Tuesday 2		L	M	V		AC	MF	FL
Wednesday 1		L	M	V		AC	MF	FL
Wednesday 2		L	M	V		AC	MF	FL
Thursday 1		L	M	V		AC	MF	FL
Thursday 2		L	M	V		AC	MF	FL
Friday 1		L	M	V		AC	MF	FL
Friday 2		L	M	V		AC	MF	FL
Saturday 1		L	M	V		AC	MF	FL
Saturday 2		L	M	V		AC	MF	FL
Sunday 1		L	M	V		AC	MF	FL
Sunday 2		L	M	V		AC	MF	FL

**How many days per week did you...? [Frequency]**

- participate in an activity to improve aerobic capacity?
- participate in an activity to improve muscular fitness?
- participate in an activity to improve flexibility?

# KEEPER

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



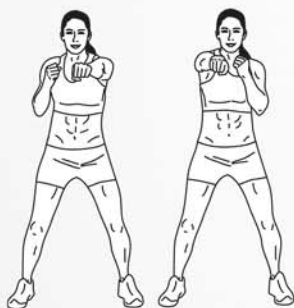
4 lunge step-ups



4 side-to-side lunges



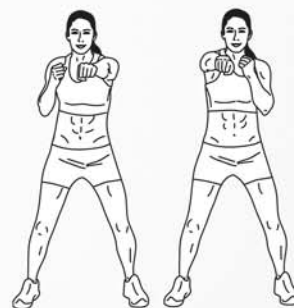
4 lunge step-ups



20 punches



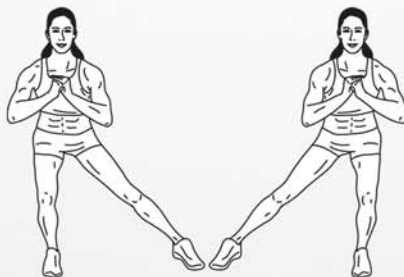
4 lunge step-ups



20 punches



4 lunge step-ups



4 side-to-side lunges



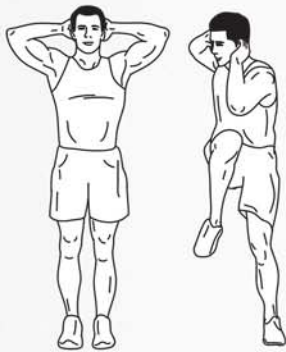
4 lunge step-ups

# LOCK DOWN

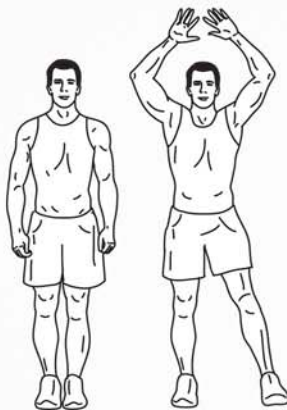
WORKOUT  
BY DAREBEE

@ [darebee.com](https://darebee.com)

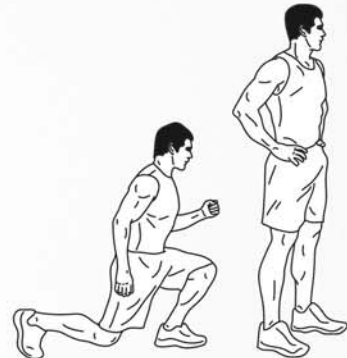
Repeat 5 times in total.  
Up to 2 minutes rest  
between sets.



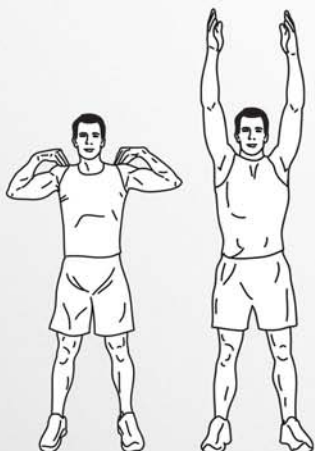
**10** knee-to-elbows



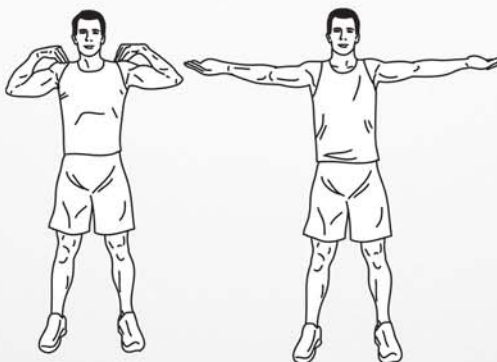
**10** step jacks



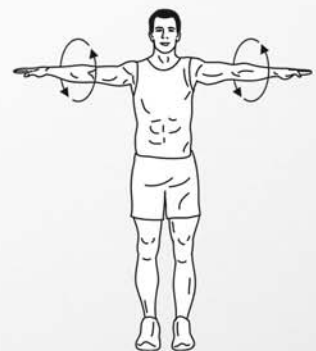
**10** reverse lunges



**20** shoulder taps



**20** side shoulder taps

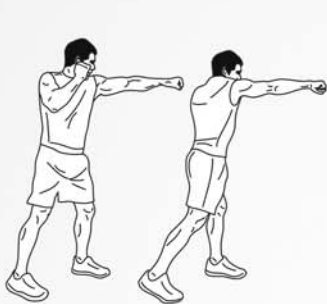


**20** raised arm circles

# #FINAL BELL

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

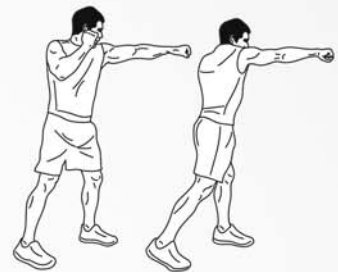
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**20** punches



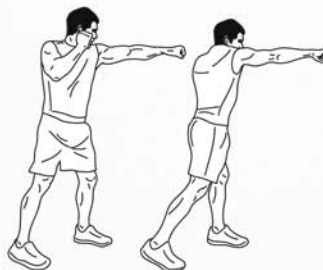
**10** uppercuts



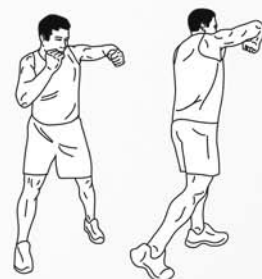
**20** punches



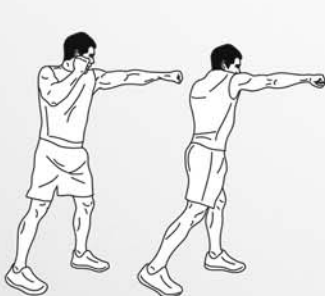
**10** hooks



**20** punches



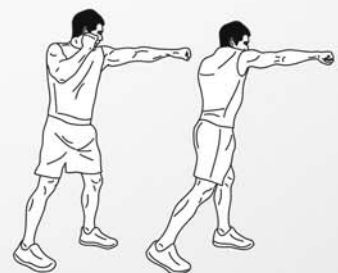
**10** hooks



**20** punches



**10** uppercuts



**20** punches



# TABATA FITNESS STATIONS

## Notes to instructors:

Help older students work to improve their health-related fitness and teach them an effective way to stay healthy and fit at home. The exercise routines in this packet are created using Tabata training methodology.

Tabata training was created by a Japanese scientist named Dr. Izumi Tabata. True Tabata workouts combine 20 seconds of vigorous activity with 10 seconds of rest in between each set. People often adjust the timing and intensity of interval workouts, but it's important to understand the history behind the method. Dr. Tabata's research showed that even 4-minute workouts using his timing formula can have positive results on a person's overall fitness.

These cards are designed for students to complete individually. In group settings, we suggest you time the intervals for students and give verbal or audio cues as start and stop signals. Music is a perfect audio cue.

The first 3 cards include exercises categorized by type. The next 3 cards mix these exercises into routines. The last card is blank — use it to create your own routine or have students create routines.

As with any activity resource, it's up to you to assess the needs and abilities of the students under your supervision. Modify routines as needed to meet the requirements of your space, group size, and age ranges.

The pages of this packet are designed to be used as station cards. The instructions can be read and explained by older and more mature students. However, we strongly recommend teaching each exercise to the group before allowing students to work independently.

Every page includes a reminder to practice safe social distancing. All of the exercises in this packet were designed to allow students to remain a minimum of 6 feet apart and *DO NOT* require them to use or share equipment.

Exercises found in Darebee's Video Library: <https://darebee.com/video.html>



*Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.*

# TABATA JACKS

Set #	Exercise Name	Interval Start
1	Exercise: Jumping Jacks ( <a href="#">video</a> )	0:00
	Rest 10 Seconds	
2	Exercise: Half-Jacks ( <a href="#">video</a> )	0:30
	Rest 10 Seconds	
3	Exercise: Side Jacks ( <a href="#">video</a> )	1:00
	Rest 10 Seconds	
4	Exercise: Step Jacks ( <a href="#">video</a> )	1:30
	Rest 10 Seconds	
5	Exercise: Jumping Jacks ( <a href="#">video</a> )	2:00
	Rest 10 Seconds	
6	Exercise: Split Jacks ( <a href="#">video</a> )	2:30
	Rest 10 Seconds	
7	Exercise: March Jacks ( <a href="#">video</a> )	3:00
	Rest 10 Seconds	
8	Exercise: Jumping Jacks ( <a href="#">video</a> )	3:30
	Rest 10 Seconds	



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# TABATA PLANKS

Set #	Exercise Name	Interval Start
1	Exercise: Plank Shoulder Taps ( <a href="#">video</a> )	0:00
	Rest 10 Seconds	
2	Exercise: Plank Arm Raises ( <a href="#">video</a> )	0:30
	Rest 10 Seconds	
3	Exercise: Plank Leg Raises ( <a href="#">video</a> )	1:00
	Rest 10 Seconds	
4	Exercise: Up & Down Planks ( <a href="#">video</a> )	1:30
	Rest 10 Seconds	
5	Exercise: Plank Jacks ( <a href="#">video</a> )	2:00
	Rest 10 Seconds	
6	Exercise: Plank Rolls ( <a href="#">video</a> )	2:30
	Rest 10 Seconds	
7	Exercise: Plank Climbers ( <a href="#">video</a> )	3:00
	Rest 10 Seconds	
8	Exercise: Plank Shoulder Taps ( <a href="#">video</a> )	3:30
	Rest 10 Seconds	



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# TABATA LEGS

Set #	Exercise Name	Interval Start
1	Exercise: Squats ( <a href="#">video</a> )	0:00
	Rest 10 Seconds	
2	Exercise: Squat Step-Ups ( <a href="#">video</a> )	0:30
	Rest 10 Seconds	
3	Exercise: Toe-Tap Hops ( <a href="#">video</a> )	1:00
	Rest 10 Seconds	
4	Exercise: Jumps ( <a href="#">video</a> )	1:30
	Rest 10 Seconds	
5	Exercise: Lunges ( <a href="#">video</a> )	2:00
	Rest 10 Seconds	
6	Exercise: Reverse Lunges ( <a href="#">video</a> )	2:30
	Rest 10 Seconds	
7	Exercise: Bounces ( <a href="#">video</a> )	3:00
	Rest 10 Seconds	
8	Exercise: Squats ( <a href="#">video</a> )	3:30
	Rest 10 Seconds	



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# TABATA MIX ROUTINE 1

Set #	Exercise Name	Interval Start
1	Exercise: Squats ( <a href="#">video</a> )	0:00
	Rest 10 Seconds	
2	Exercise: Plank Shoulder Taps ( <a href="#">video</a> )	0:30
	Rest 10 Seconds	
3	Exercise: Jumps ( <a href="#">video</a> )	1:00
	Rest 10 Seconds	
4	Exercise: Jumping Jacks ( <a href="#">video</a> )	1:30
	Rest 10 Seconds	
5	Exercise: Squats ( <a href="#">video</a> )	2:00
	Rest 10 Seconds	
6	Exercise: Plank Shoulder Taps ( <a href="#">video</a> )	2:30
	Rest 10 Seconds	
7	Exercise: Jumps ( <a href="#">video</a> )	3:00
	Rest 10 Seconds	
8	Exercise: Jumping Jacks ( <a href="#">video</a> )	3:30
	Rest 10 Seconds	



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# TABATA MIX ROUTINE 2

Set #	Exercise Name	Interval Start
1	Exercise: Half-Jacks ( <a href="#">video</a> )	0:00
	Rest 10 Seconds	
2	Exercise: Plank Arm Raises ( <a href="#">video</a> )	0:30
	Rest 10 Seconds	
3	Exercise: Lunges ( <a href="#">video</a> )	1:00
	Rest 10 Seconds	
4	Exercise: Plank Leg Raises ( <a href="#">video</a> )	1:30
	Rest 10 Seconds	
5	Exercise: Half-Jacks ( <a href="#">video</a> )	2:00
	Rest 10 Seconds	
6	Exercise: Plank Arm Raises ( <a href="#">video</a> )	2:30
	Rest 10 Seconds	
7	Exercise: Lunges ( <a href="#">video</a> )	3:00
	Rest 10 Seconds	
8	Exercise: Plank Leg Raises ( <a href="#">video</a> )	3:30
	Rest 10 Seconds	



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# TABATA MIX ROUTINE 3

Set #	Exercise Name	Interval Start
1	Exercise: Bounces ( <a href="#">video</a> )	0:00
	Rest 10 Seconds	
2	Exercise: Plank Climbers ( <a href="#">video</a> )	0:30
	Rest 10 Seconds	
3	Exercise: Split Jacks ( <a href="#">video</a> )	1:00
	Rest 10 Seconds	
4	Exercise: Reverse Lunges ( <a href="#">video</a> )	1:30
	Rest 10 Seconds	
5	Exercise: Bounces ( <a href="#">video</a> )	2:00
	Rest 10 Seconds	
6	Exercise: Plank Climbers ( <a href="#">video</a> )	2:30
	Rest 10 Seconds	
7	Exercise: Split Jacks ( <a href="#">video</a> )	3:00
	Rest 10 Seconds	
8	Exercise: Reverse Lunges ( <a href="#">video</a> )	3:30
	Rest 10 Seconds	



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# CREATE A ROUTINE

Set #	Exercise Name	Interval Start
1	Exercise:	0:00
	Rest 10 Seconds	
2	Exercise:	0:30
	Rest 10 Seconds	
3	Exercise:	1:00
	Rest 10 Seconds	
4	Exercise:	1:30
	Rest 10 Seconds	
5	Exercise:	2:00
	Rest 10 Seconds	
6	Exercise:	2:30
	Rest 10 Seconds	
7	Exercise:	3:00
	Rest 10 Seconds	
8	Exercise:	3:30
	Rest 10 Seconds	



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# TABATA ROUTINE CARD

Health-Related Fitness Routine Card

Set #	Exercise Name	Interval Start
1	<b>Exercise:</b>	<b>0:00</b>
	Rest 10 Seconds	
2	<b>Exercise:</b>	<b>0:30</b>
	Rest 10 Seconds	
3	<b>Exercise:</b>	<b>1:00</b>
	Rest 10 Seconds	
4	<b>Exercise:</b>	<b>1:30</b>
	Rest 10 Seconds	
5	<b>Exercise:</b>	<b>2:00</b>
	Rest 10 Seconds	
6	<b>Exercise:</b>	<b>2:30</b>
	Rest 10 Seconds	
7	<b>Exercise:</b>	<b>3:00</b>
	Rest 10 Seconds	
8	<b>Exercise:</b>	<b>3:30</b>
	Rest 10 Seconds	



# TABATA ROUTINE CARD



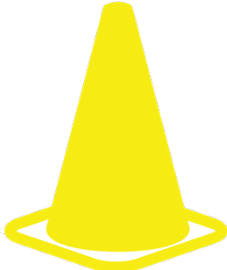

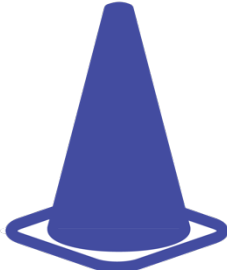
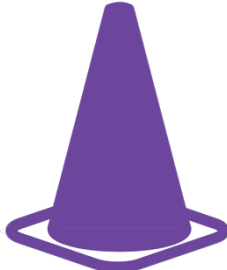
Skill-Related Fitness Routine Card

Set #	Exercise Name	Interval Start
1	<b>Exercise:</b>	<b>0:00</b>
	Rest 10 Seconds	
2	<b>Exercise:</b>	<b>0:30</b>
	Rest 10 Seconds	
3	<b>Exercise:</b>	<b>1:00</b>
	Rest 10 Seconds	
4	<b>Exercise:</b>	<b>1:30</b>
	Rest 10 Seconds	
5	<b>Exercise:</b>	<b>2:00</b>
	Rest 10 Seconds	
6	<b>Exercise:</b>	<b>2:30</b>
	Rest 10 Seconds	
7	<b>Exercise:</b>	<b>3:00</b>
	Rest 10 Seconds	
8	<b>Exercise:</b>	<b>3:30</b>
	Rest 10 Seconds	





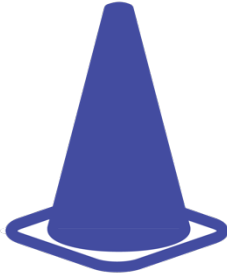
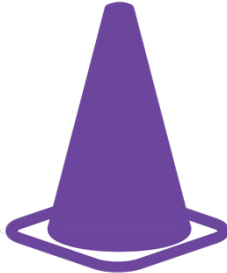
**PERCEIVED EXERTION CARD**

RPE Scale	Rate of Perceived Exertion
10	<b>Max Effort Activity</b> 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	<b>Very Vigorous Activity</b> It's really hard to maintain this intensity. I can barely breathe and can only speak a few words at one time.
7-8	<b>Vigorous Activity</b> This is almost uncomfortable. My breathing is very heavy, but can speak a full sentence.
4-6	<b>Moderate Activity</b> 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	<b>Light Activity</b> I can maintain this activity for hours. It's easy to breathe and carry on a conversation.
1	<b>Very Light Activity</b> I don't have to try hard at all, but I'm not watching TV or taking a nap.

TABATA STATION CARD

<b>BUTT KICKS</b>	<b>V-UPS</b>	<b>JAB+JAB CROSS+HOOK</b>	<b>JAB+CROSS SQUAT</b>	<b>SIDE PLANKS</b>	<b>JUMP PUNCHES</b>
<b>Cardiorespiratory Endurance</b>	<b>Muscular Fitness</b>	<b>Skill-Related Fitness</b>	<b>Cardiorespiratory Endurance</b>	<b>Muscular Fitness</b>	<b>Skill-Related Fitness</b>
					

TABATA STATION CARD

<b>SIDE SIDE FEET TOGETHER</b>	<b>JUMP SQUATS</b>	<b>HOOK KICKS</b>	<b>FLY KICKS</b>	<b>JUMP LUNGES</b>	<b>SQUAT + TURNING KICK</b>
<b>Cardiorespiratory Endurance</b>	<b>Muscular Fitness</b>	<b>Skill-Related Fitness</b>	<b>Cardiorespiratory Endurance</b>	<b>Muscular Fitness</b>	<b>Skill-Related Fitness</b>
					

## HOME TABATA ROUTINE

Name \_\_\_\_\_

Date \_\_\_\_\_

Create an at-home Tabata routine utilizing the skills and concepts learned in physical education class. Write six different exercises that correspond with each fitness concept in the chart below. Hang this page where you can be safely active and perform each of the selected activities.

Download a free Tabata timer for your iPhone here: <https://appsto.re/us/By5dZ.i>

Cardio-respiratory Endurance	Muscular Fitness	Skill-Related Fitness	Cardio-respiratory Endurance	Muscular Fitness	Skill-Related Fitness

Explain why you choose each specific exercises. Provide evidence that this routine is challenging in relation to your personal fitness.

Describe three safety consideration for this Tabata routine.

How would completing a Tabata routine three to five times per week positively impact your mental and emotional health?

## CREATIVE MODE WORKSHEET

Student Names:

Which type of workout are you creating?

☐ Circuit Training

☐ Tabata Interval Stations

	<b>Routine is Amazing! (3)</b>	<b>Routine is Good to Go (2)</b>	<b>Routine Needs More Work (1)</b>
<b>Safety &amp; Appropriateness</b>	Exercises are appropriate and safe. Leaders can demonstrate exercises with safety cues.	Exercises are appropriate and safe. Leaders can demonstrate.	Exercises are not appropriate and could be unsafe.
<b>Fitness Concepts</b>	Exercises are placed in the correct category. Students can explain why exercises were chosen.	Exercises are place in the correct category.	Exercises are not in the correct category.
<b>Health Benefits</b>	Routine allows participants to work in a target heart rate zone. Group can explain 3 health benefits of each exercise.	Route allows participants to work in a target heart rate zone. Group can explain 1 health benefit of each exercise.	Routine does not provide the intensity needed to reach a target heart rate zone. Group cannot explain any benefits.

<b>Exercise Category</b>	<b>Exercise Name</b>	<b>Description</b>	<b>Safety Considerations</b>	<b>Health Benefits</b>
<b>Cardiorespiratory Endurance</b>				
<b>Muscular Fitness</b>				
<b>Skill-Related Fitness</b>				
<b>Cardiorespiratory Endurance</b>				
<b>Muscular Fitness</b>				
<b>Skill-Related Fitness</b>				





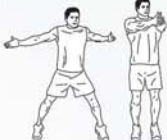

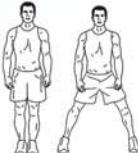
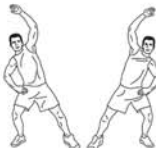
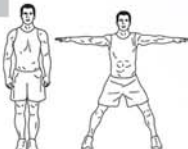

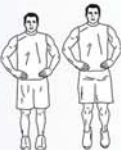






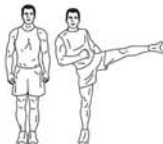














# 1-minute cardio

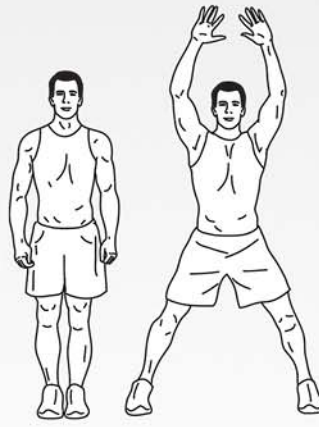
30-Day Challenge

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Repeat the exercises  
for each day for  
60 seconds,  
every day for 30 days.  
**Go flat out.**

1  jumping jacks	2  butt kicks	3  march twists	4  split jacks	5  seal jacks
6  high knees	7  half jacks	8  side jacks	9  T-jumps	10  toe tap hops
11  hops on the spot	12  side-to-side jumps	13  squats	14  knee strikes	15  climbers
16  skiers	17  knee-to-elbow	18  side leg raises	19  squat step-ups	20  straight leg bounds
21  squat hold punches	22  lunge twists	23  skaters	24  shoulder taps	25  lunge step-ups
26  single leg hops	27  climber taps	28  jumping lunges	29  jump squats	30  basic burpees

# good morning, world!



## 30-day challenge

Do jumping jacks  
for 60 seconds non-stop  
every morning, for 30 days

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1 60 seconds jumping jacks	2 60 seconds jumping jacks	3 60 seconds jumping jacks	4 60 seconds jumping jacks	5 60 seconds jumping jacks
6 60 seconds jumping jacks	7 60 seconds jumping jacks	8 60 seconds jumping jacks	9 60 seconds jumping jacks	10 60 seconds jumping jacks
11 60 seconds jumping jacks	12 60 seconds jumping jacks	13 60 seconds jumping jacks	14 60 seconds jumping jacks	15 60 seconds jumping jacks
16 60 seconds jumping jacks	17 60 seconds jumping jacks	18 60 seconds jumping jacks	19 60 seconds jumping jacks	20 60 seconds jumping jacks
21 60 seconds jumping jacks	22 60 seconds jumping jacks	23 60 seconds jumping jacks	24 60 seconds jumping jacks	25 60 seconds jumping jacks
26 60 seconds jumping jacks	27 60 seconds jumping jacks	28 60 seconds jumping jacks	29 60 seconds jumping jacks	30 60 seconds jumping jacks