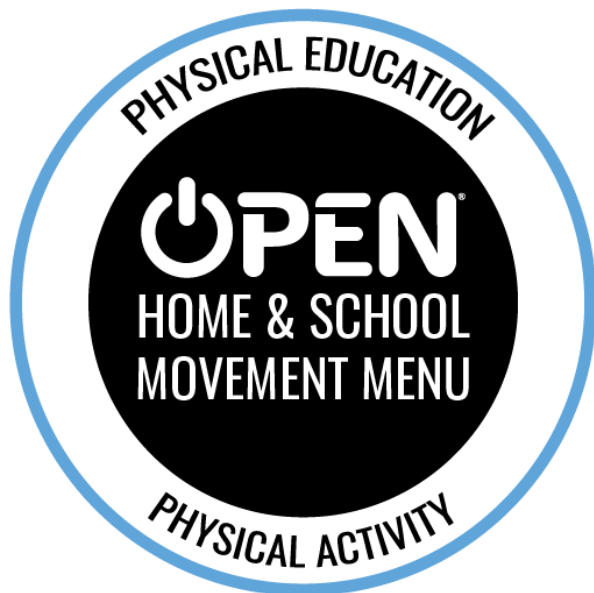


BELIEVE IN YOU



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Brain & Body Warm-Ups

WEEK 1

HEALTH-RELATED FITNESS: Five characteristics that contribute to a person's overall well-being. Aerobic Capacity, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition.

I'm active every day with a focus on my health-related fitness.

Pick-a-Card Fitness: [\[YouTube\]](#)

We're going to pick a random card from the deck and complete 20 seconds of an exercise in the health-related category assigned to the suit of the card picked.

Hearts = Aerobic Capacity
Diamonds = Flexibility
Clubs = Muscular Strength
Spades = Muscular Endurance

Purposeful Practice

WEEK 1

TRUST: A good feeling you get when you can rely on someone or something.

We trust that our teachers and classmates will behave in ways that help to keep everyone safe.

Health-Related Circuit:

As we complete each exercise station, be sure you are at least 6' from your classmates. The object of this exercise circuit is to learn the health-related exercises that are used in the Tabata Dice Race that we'll play next. There are 4 stations per category (muscular fitness, aerobic capacity, full body blast). Complete each station for 20-seconds and then rotate.

Just for Fun (and health)

WEEK 1

ENJOY: To have a fun time. We enjoy playing physical activity games.

We enjoy physical activity and it helps to protect our health.

Health-Related Tabata Dice Race: [\[YouTube\]](#)

The object is to roll all numbers in order from left to right. Roll 2 dice. If you roll a 2, 3, or 9 — complete a Tabata interval of your choice within that number's category. For example, 9 is the first number in the Full Body Blast category. Choose a Full Body interval, complete it, then roll again. Continue until you complete all rows in each of the 3 categories.