

BELIEVE IN YOU



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Brain & Body Warm-Ups

WEEK 3

ENCOURAGEMENT: A feeling of support, confidence, or hope.

The encouragement Ami felt came from positive words her friends were saying.

DIY: Pick-a-Card Fitness:

It's time to create your own fitness game. Create exercise categories for each suit of cards. Then play Pick-a-Card Fitness using these new categories.

Hearts = _____

Diamonds = _____

Clubs = _____

Spades = _____

Purposeful Practice

WEEK 3

WELLNESS: Good personal physical and mental health.

Wellness is an important goal that Caleb's family is working toward.

Mixed Fitness Circuit:

Maintain a safe distance from your classmates. The object of this mixed fitness circuit is to choose exercise stations from all of the Tabata Dice Race exercises that we've used so far: muscular fitness, aerobic capacity, full body blast, balance, agility, and coordination. Complete each station for 20-seconds and then rotate to a new station of your choice.

Just for Fun (and health)

WEEK 3

RESPECT: A feeling of honor for the feelings and rights of others.

We respect the health of our classmates, so we wear our masks while we're together.

DIY Tabata Choice Board:

During this 3-week module we've learned 24 health- and skill-related fitness exercises. Create a choice board of 8 exercises that you can complete in a 4-minute Tabata fitness circuit. Tabata fitness circuits are 20 seconds of exercise with 10 seconds of rest in between. This circuit is repeated 8 times and lasts a total of 4 minutes.