**BRAIN & BODY WARM-UP**

**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**

* 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 (Jumping Jacks)
  + Diamonds = Flexibility (Forward Bend)
  + Clubs = Muscular Strength (Push Ups)
  + Spades = Muscular Endurance (Planks)

**BRAIN & BODY WARM-UP**

**SKILL-RELATED FITNESS:** Six characteristics that contribute to a person’s ability to successfully complete a physical performance. Agility, Balance, Coordination, Power, Reaction Time, and Speed.

*Improving skill-related fitness helps me participate in a variety of activities.*

**PICK-A-CARD FITNESS**

* Pick a random card from the deck and complete 20 seconds of an exercise in the skill-related category assigned to the suit of the card picked.
  + Hearts = Agility (T-Jumps Side-to-Side)
  + Diamonds = Balance (Chair Pose)
  + Clubs = Coordination (Cross Jacks)
  + Spades = Power (Squat Jumps)

**PURPOSEFUL PRACTICE**

**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.

**PURPOSEFUL PRACTICE**

**ENTHUSIASM:** An important feeling you get when you’re excited about a goal and are motivated to work toward that goal.

*Mr. Walker is enthusiastic about being the best teacher he can be.*

**SKILL-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 skill-related exercises that are used in the Tabata Dice Race that we’ll play next.
* There are 4 stations per category (balance, agility, coordination).
* Complete each station for 20-seconds and then rotate.

**JUST FOR FUN (AND HEALTH)**

**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 CHALLENGE**

* 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.

**JUST FOR FUN (AND HEALTH)**

**RESOURCE:** The supplies, opportunities, and support that a person can use in order to do a job or live productively.

*Kendra can go to a park near her house to walk with her family. It’s a great resource that she can use to be physically active.*

**SKILL-RELATED  
TABATA DICE CHALLENGE**

* 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, 2 is the first number in the Balance category. Choose a Balance interval, complete it, then roll again.
* Continue until you complete all rows in each of the 3 categories.