

BELIEVE IN YOU

ACTIVITY CARDS

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)

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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)

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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.

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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.

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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.

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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.