

OPEN[®] HOME & SCHOOL MOVEMENT MENU



LIFETIME FITNESS
— OPENPHYSED.ORG —

Brain & Body Warm-Ups

WEEK 2 of 4

MOTIVATION: A reason to do something. The desire to reach a goal.

Jenna's motivation for wearing her mask was to keep her family healthy.

Mission Possible: [\[Vimeo\]](#)

You've got 3 minutes to complete the following mission:

- 3 Reps: Get Down, Get Up
- 5 Reps: Sit Ups
- 5 Reps: Chair (Couch) Sits
- 5 Reps: Triceps Dips
- 1 Rep: Touch 4 Walls
- 10 Reps: Lunges

Now it's time to CYO Mission (Create Your Own). Use the CYO Mission Worksheet to create a new set of challenges.

Purposeful Practice

WEEK 2 of 4

INTENSITY: The amount of effort used when performing an exercise or activity.

Every day, we should get a least 60 minutes of physical activity that is at a moderate to vigorous intensity.

6-Minute FITT Dice: [\[YouTube\]](#)

Complete 8, 30-second exercise intervals that match the number rolled on the die. See FITT Dice Challenge Cards for different routines.

Out & Back Wellness Walk:

The object is to walk at a steady pace for 8 minutes. Walk away from the starting point for 4 minutes. At the 4-minute mark, turn around and walk back. At the end of the time you should be back at the starting point.

Just for Fun (and health)

WEEK 2 of 4

HEART HEALTH ZONE: A heart rate (Beats Per Minute) zone from 60% to 90% of Max HR (~120 to 180 BPM). This zone provides the maximum health benefit to one's heart.

*We are learning how to pace our activity intensity to stay in our **heart health zone**.*

Exercise Word Scrambler:

Use the letters on the Word Scrambler Card to create and list the names of physical activity choices.

If you list an exercise that we can do in personal space, we'll complete that exercise for 15 seconds.

Score 1 point for each valid name and a bonus point if you name an exercise that appears on another list.