*WEEK 4 of 4*

**IMPROVE:** To become better.

*Johnna created a fitness plan to* ***improve*** *his muscular fitness.*

**TEACHER / STUDENT CHOICE**

*Choose 1 (or both) Warm-Up activity.*

**Fitness Categories:**

Write 1 word per in each category that starts with the challenge letter given.

**Exercise Word Scrambler:**

Use letters on the Word Scrambler Card to list the names of as many physical activity choices as you can.

**20 Questions: [**[**YouTube**](https://youtu.be/rZszkxsOwvc)**]**

The class gets 20 questions to gain clues and guess a fitness-related word.

*WEEK 4 of 4*

**PURPOSE:** The reason for doing something.

*Izzi’s* ***purpose*** *for being active after school was to have fun with her friends.*

**TEACHER / STUDENT CHOICE**

*Choose a Warm-Up activity.*

**Card Cardio Challenge: [**[**Vimeo**](https://vimeo.com/412845957)**]**

Pull a card from a shuffled deck and then complete the exercise that matches the card you pulled.

**Mission Possible: [**[**Vimeo**](https://vimeo.com/404645238)**]**

You get 3 minutes to complete a fitness mission.

**This or That: [**[**Vimeo**](https://vimeo.com/410414971)**]**

Perform specific exercises if you agree or disagree with a statement.

*WEEK 4 of 4*

**ANALYZE:** To examine something in order to gather important information.

*Chadwick* ***analyzed*** *his activity choices as he built his fitness plan.*

**6-Minute FITT Dice: [**[**YouTube**](https://youtu.be/YEstHvI4a9Y)**]**

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.