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

Mission Possible: [Vimeo]
You get 3 minutes to complete a fitness mission.

This or That: [Vimeo]
Perform specific exercises if you agree or disagree with a statement.

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