



**LIFETIME FITNESS**  
— OPENPHYSED.ORG —

## Brain & Body Warm-Ups

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.

## Purposeful Practice

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:** [\[YouTube\]](#)

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 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:** [\[YouTube\]](#)

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