**BRAIN & BODY WARM-UP**

**COURAGE:** The ability to do what’s right even though you feel fear.

*Corina showed* ***courage*** *on the first day of school. She came to class even though she felt nervous.*

**Card Cardio Challenge**

* Get a deck of cards or a card phone app.
* Pull a card from a shuffled deck. Then do the exercise that matches the card pulled.
* Finish the exercise, then pull another card.

|  |  |
| --- | --- |
| **Card** | **Exercise** |
| Ace | 1 Jumping Jack |
| 2 | 2 Burpees |
| 3 | 3 Squats |
| 4 | Touch 4 walls |
| 5 | 5 Push-ups |
| 6 | 6 Lunges |
| 7 | 7 High-knees |
| 8 | 8 Hops (on each foot) |
| 9 | 9 Mountain climbers |
| 10 | 10 Sit-ups |
| Jack | 15-second plank |
| Queen | 15-second down dog |
| King | 15-second child’s pose |

**BRAIN & BODY WARM-UP**

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

*Jenna’s* ***motivatio****n for wearing her mask was to keep her family healthy.*

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**Mission Possible**

* 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

**BRAIN & BODY WARM-UP**

**RELAX:** To become less anxious. To de-stress.

*Kendra used equal breathing is a way to help the body and mind* ***relax****.*

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**This or That**

* In this activity you will perform a tree pose if you agree with a statement that you hear. You will do jumping jacks if you disagree with the statement.
* The leader will call out a statement about the things they like. For example, “Apples are my favorite fruit.” If you agree and apples are your favorite fruit, perform a tree pose. If grapes are your favorite fruit, perform jumping jacks.
* Continue calling out statements, taking turns as leader.

**PURPOSEFUL PRACTICE**

**FITT Principle:** The foundation of personal fitness planning. It stands for Frequency, Intensity, Time, Type.

*Boise used the* ***FITT******principle*** *to create his monthly fitness plan.*

**6-Minute FITT Dice Challenge 1**

* Complete the 8, 30-second exercise intervals that match the number rolled on the die. There are 3 TYPES of exercise on the dice list: Aerobic, Muscular Fitness, Mindfulness.
  + 1 – Jumps
  + 2 – High-5 Breathing
  + 3 – Slow Climbers
  + 4 – Squat Hold Calf Raises
  + 5 – High Knees
  + 6 – Equal Breathing

**PURPOSEFUL PRACTICE**

**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 Challenge 2**

* Complete the 8, 30-second exercise intervals that match the number rolled on the die. There are 3 TYPES of exercise on the dice list: Aerobic, Muscular Fitness, Mindfulness.
  + 1 – Split Jacks
  + 2 – High-5 Breathing
  + 3 – Plank Jacks
  + 4 – Scissor Arms
  + 5 – Seal Jacks
  + 6 – Equal Breathing

**PURPOSEFUL PRACTICE**

**FITNESS PLAN:** A course of action designed to reach a desired level of fitness.

*My* ***fitness plan*** *includes a variety of physical activities that I enjoy.*

**6-Minute FITT Dice Challenge 3**

* Complete the 8, 30-second exercise intervals that match the number rolled on the die. There are 3 TYPES of exercise on the dice list: Aerobic, Muscular Fitness, Mindfulness.
  + 1 – Climbers
  + 2 – High-5 Breathing
  + 3 – Plank Thigh Taps
  + 4 – Scissor Chops
  + 5 – Jump Knee Tucks
  + 6 – Equal Breathing

**PURPOSEFUL PRACTICE**

**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****.*

**Out & Back Wellness Walk**

* The object is to walk at a steady pace for 8 minutes.
* On the start signal, walk away from the starting point for a full 4 minutes.
* At the 4-minute mark, turn around and walk back.
* If you walked at a steady pace, at the end of the 8 minutes you will be back at the starting point.
* Can you maintain a pace that increases your heart rate?

**JUST FOR FUN (AND HEALTH)**

**HEALTH BENEFIT:** An improvement to a person’s overall wellbeing resulting from a physical activity or food choice.

*A healthy immune system is one* ***health benefit*** *of regular aerobic activity.*

**FITNESS CATEGORIES GAME**

* The object of the game is to write 1 word per in each category that starts with the challenge letter given.
* You have 30 seconds to complete each category. For example, if the challenge letter is T – the exercise in the Muscular Fitness category could be Triceps Extension, a fruit could be a Tangerine, and so on.
* As a group, do 5 jumping jacks for every category left on each card without a valid answer.

**JUST FOR FUN (AND HEALTH)**

**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 as many physical activity choices as you can.
* If you list an exercise that we can do in our personal space, we’ll complete that exercise for 15 seconds. If more than 1 person has the same exercise on their list, we’ll complete 30 seconds.
* Score a point for each valid name and a bonus point if you name an exercise that appears on another list.

**JUST FOR FUN (AND HEALTH)**

**EMOTION:** A natural feeling that happens because of a specific situation or in a specific environment.

*Happiness is a good* ***emotion*** *that everyone wants to feel.*

**20 Questions (100 Reps)**

* Pick and exercise, physical activity, or healthy food. The class gets 20 yes/no questions to gain clues and guess what the exercise, activity, or food is.
* The entire class must do 5 reps of a chosen exercise to earn a question. If the class ends up asking all 20 questions, they will do a total of 100 exercise reps.
* When the exercise, activity, or food is guessed correctly, pick a new leader to think of a new topic.