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.

<table>
<thead>
<tr>
<th>Card</th>
<th>Exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ace</td>
<td>1 Jumping Jack</td>
</tr>
<tr>
<td>2</td>
<td>2 Burpees</td>
</tr>
<tr>
<td>3</td>
<td>3 Squats</td>
</tr>
<tr>
<td>4</td>
<td>Touch 4 walls</td>
</tr>
<tr>
<td>5</td>
<td>5 Push-ups</td>
</tr>
<tr>
<td>6</td>
<td>6 Lunges</td>
</tr>
<tr>
<td>7</td>
<td>7 High-knees</td>
</tr>
<tr>
<td>8</td>
<td>8 Hops (on each foot)</td>
</tr>
<tr>
<td>9</td>
<td>9 Mountain climbers</td>
</tr>
<tr>
<td>10</td>
<td>10 Sit-ups</td>
</tr>
<tr>
<td>Jack</td>
<td>15-second plank</td>
</tr>
<tr>
<td>Queen</td>
<td>15-second down dog</td>
</tr>
<tr>
<td>King</td>
<td>15-second child’s pose</td>
</tr>
</tbody>
</table>
BRAIN & BODY WARM-UP

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

• 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.*

**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 at 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.

  o 1 – Split Jacks
  o 2 – High-5 Breathing
  o 3 – Plank Jacks
  o 4 – Scissor Arms
  o 5 – Seal Jacks
  o 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.
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.