*WEEK 1 of 4*

**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: [**[**YouTube**](https://youtu.be/YEstHvI4a9Y)**]**

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 ([YouTube](https://youtu.be/bIILw7Bsk_M))

2 – High-5 Breathing ([YouTube](https://youtu.be/NwEAgvwq4NE))

3 – Slow Climbers ([YouTube](https://youtu.be/WixPjH4Y5tw))

4 – Squat Hold Calf Raises ([YouTube](https://youtu.be/wYoE11arXIw))

5 – High Knees ([YouTube](https://youtu.be/DfjpR6dzLVg))

6 – Equal Breathing ([YouTube](https://youtu.be/84GLR4e4Sc4))

[30-Second Interval Music on Apple Music.](https://music.apple.com/us/album/hhd-30-second-intervals-with-15-second-breaks/553186898?i=553186900)

*WEEK 1 of 4*

**EXERCISE:** Physical activity that a person does specifically to improve health and fitness.

*Mr. Kline taught the students an* ***exercise*** *they could do at home to improve muscular strength.*

**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.

*WEEK 1 of 4*

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

You’ll need a deck of cards or a card app on your phone and the Card Cardio Exercise Chart from OPENPhysEd.org.

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

Finish the exercise and then pull another card.