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]
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.

**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]
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])
2 – High-5 Breathing ([YouTube])
3 – Slow Climbers ([YouTube])
4 – Squat Hold Calf Raises ([YouTube])
5 – High Knees ([YouTube])
6 – Equal Breathing ([YouTube])

**30-Second Interval Music on Apple Music.**

**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.