*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**](https://youtu.be/rZszkxsOwvc)**]**

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

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

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

**Mission Possible: [**[**Vimeo**](https://vimeo.com/404645238)**]**

You get 3 minutes to complete a fitness mission.

**This or That: [**[**Vimeo**](https://vimeo.com/410414971)**]**

Perform specific exercises if you agree or disagree with a statement.

*WEEK 4 of 4*

**SAFE:** Protected from danger.

*The students chose safe activities when building their FITT Dice Challenges.*

**TEACHER / STUDENT CHOICE**

*Choose a Purposeful Practice activity.*

**CYO FITT Dice Challenge: [**[**YouTube**](https://youtu.be/YEstHvI4a9Y)**]**

It’s time to create your own FITT Dice Challenge. Use the worksheet to create a routine with 2 aerobic activities, 2 muscular fitness activities, and 2 mindful breathing activities. It’s okay to use activities we’ve done in class, or you can choose to include your own safe exercises.

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