**Purposeful Practice**

**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]
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.

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**Brain & Body Warm-Ups**

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

- **Mission Possible:** [Vimeo]
  You get 3 minutes to complete a fitness mission.

- **This or That:** [Vimeo]
  Perform specific exercises if you agree or disagree with a statement.

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**Just for Fun (and health)**

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