



FITNESS ON THE MOVE
— OPENPHYSED.ORG —

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.

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.](#)

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.