BRAIN & BODY WARM-UP

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**
- Get a deck of cards or a card phone app.
- Pull a card from a shuffled deck. Then do the exercise that matches the card pulled.
- Finish the exercise, then pull another card.

<table>
<thead>
<tr>
<th>Card</th>
<th>Exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ace</td>
<td>1 Jumping Jack</td>
</tr>
<tr>
<td>2</td>
<td>2 Burpees</td>
</tr>
<tr>
<td>3</td>
<td>3 Squats</td>
</tr>
<tr>
<td>4</td>
<td>Touch 4 walls</td>
</tr>
<tr>
<td>5</td>
<td>5 Push-ups</td>
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<tr>
<td>6</td>
<td>6 Lunges</td>
</tr>
<tr>
<td>7</td>
<td>7 High-knees</td>
</tr>
<tr>
<td>8</td>
<td>8 Hops (on each foot)</td>
</tr>
<tr>
<td>9</td>
<td>9 Mountain climbers</td>
</tr>
<tr>
<td>10</td>
<td>10 Sit-ups</td>
</tr>
<tr>
<td>Jack</td>
<td>15-second plank</td>
</tr>
<tr>
<td>Queen</td>
<td>15-second down dog</td>
</tr>
<tr>
<td>King</td>
<td>15-second child’s pose</td>
</tr>
</tbody>
</table>
FITNESS ON THE MOVE
Menu Activity Cards

BRAIN & BODY WARM-UP

MOTIVATION: A reason to do something. The desire to reach a goal.

Jenna’s motivation for wearing her mask was to keep her family healthy.

Mission Possible

• You’ve got 3 minutes to complete the following mission:
  - 3 Reps: Get Down, Get Up
  - 5 Reps: Sit Ups
  - 5 Reps: Chair (Couch) Sits
  - 5 Reps: Triceps Dips
  - 1 Rep: Touch 4 Walls
  - 10 Reps: Lunges
BRAIN & BODY WARM-UP

RELAX: To become less anxious. To de-stress.

Kendra used equal breathing is a way to help the body and mind relax.

This or That

- In this activity you will perform a tree pose if you agree with a statement that you hear. You will do jumping jacks if you disagree with the statement.
- The leader will call out a statement about the things they like. For example, “Apples are my favorite fruit.” If you agree and apples are your favorite fruit, perform a tree pose. If grapes are your favorite fruit, perform jumping jacks.
- Continue calling out statements, taking turns as leader.
PURPOSEFUL PRACTICE

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 Challenge
• 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.
  o 1 – Jumps
  o 2 – High-5 Breathing
  o 3 – Slow Climbers
  o 4 – Squat Hold Calf Raises
  o 5 – High Knees
  o 6 – Equal Breathing
PURPOSEFUL PRACTICE

FREQUENCY: The rate at which is repeated over a particular period of time.

The frequency of Jessica’s muscular fitness exercise is 3 times per week.

6-Minute FITT Dice Challenge

- 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 – Split Jacks
  - 2 – High-5 Breathing
  - 3 – Plank Jacks
  - 4 – Scissor Arms
  - 5 – Seal Jacks
  - 6 – Equal Breathing
PURPOSEFUL PRACTICE

TIME: The duration or length of an exercise or physical activity session.

Get 60-minutes of daily activity by including a time of 30-minutes in the morning and 30-minutes in the afternoon.

6-Minute FITT Dice Challenge

- 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 – Climbers
  - 2 – High-5 Breathing
  - 3 – Plank Thigh Taps
  - 4 – Scissor Chops
  - 5 – Jump Knee Tucks
  - 6 – Equal Breathing
JUST FOR FUN (AND HEALTH)

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.
INTENSITY: The amount of effort used when performing an exercise or activity.

Every day, we should get at least 60 minutes of physical activity that is at a moderate to vigorous intensity.

EXERCISE WORD SCRAMBLER

• Use the letters on the Word Scrambler Card to create and list the names of as many physical activity choices as you can.
• If you list an exercise that we can do in our personal space, we’ll complete that exercise for 15 seconds. If more than 1 person has the same exercise on their list, we’ll complete 30 seconds.
• Score a point for each valid name and a bonus point if you name an exercise that appears on another list.
JUST FOR FUN (AND HEALTH)

EMOTION: A natural feeling that happens because of a specific situation or in a specific environment.

Happiness is a good emotion that everyone wants to feel.

20 Questions (100 Reps)

- Pick and exercise, physical activity, or healthy food. The class gets 20 yes/no questions to gain clues and guess what the exercise, activity, or food is.
- The entire class must do 5 reps of a chosen exercise to earn a question. If the class ends up asking all 20 questions, they will do a total of 100 exercise reps.
- When the exercise, activity, or food is guessed correctly, pick a new leader to think of a new topic.