



Mind, Muscle, and Health
FITNESS
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Brain & Body Warm-Ups

LESSON 2

Muscular Endurance: The ability of a muscle to continue to perform without fatigue.

Holding plank position is a muscular endurance exercise.

Plank Drawing Challenge: [\[YouTube\]](#)

The object of this game is for students to draw as many foods in the assigned food group as possible while in plank position. Each round is 30 seconds. Students start in plank position with a paper and pencil on the floor under their eyes. As soon as the teacher calls out the food group the clock starts and students begin drawing – switching drawing hands with each food (i.e., drawing 1 with right hand, drawing 2 with left hand).

Purposeful Practice

Aerobic Capacity: The ability of the body to take in, transport, and use oxygen during physical activity.

Jumping rope helps build a person's aerobic capacity.

5 Second Rule: [\[YouTube\]](#)

Divide the class into 2 teams (can also be played in 1 large cooperative group). Teams take turns and score points by naming 3 things that fit into a particular category in 5 seconds (e.g., name 3 muscular endurance activities or protein foods). Pull/display the category flash cards. Team B must perform jump rope skills (or invisible jump rope skills) while Team A takes a turn. Then Team A performs skills while Team B takes a turn. This is a fast-paced game.

Just for Fun (and health)

Intensity: The amount of sustained effort used during physical activity.

HIIT stands for High Intensity Interval Training. In a HIIT session, a person will work at a high-intensity level for 20 to 30 seconds and then take a short 10- or 15-second rest.

Crossword Intervals: [\[YouTube\]](#)

The object of this activity is for the class to solve a crossword puzzle cooperatively.

Perform the exercises listed after each clue for 30 seconds before moving on to the next clue. There are 15 total intervals for a 7 ½ minute HIIT session.

30-Second Interval Music
[\[Apple Music, Spotify\]](#)