**Type:** The activity category associated with an activity (aerobic, strength, flexibility, mindfulness).

*Sasha knew that it was important to add mindfulness to the type of activities included on her fitness plan.*

**TEACHER / STUDENT CHOICE**

*Choose 1 (or both) Warm-Up activity.*

**Memory Plate: [**[**YouTube**](https://youtu.be/tWycq7pmY-E)**]**

The object is for the class to memorize objects on Plate A and then name the missing food on Plate B.

**Fitness Crosswords: [**[**YouTube**](https://youtu.be/i1e9wdXa9Zw)**]**

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

*LESSON 3*

**Frequency:** The rate that something is repeated over time. How often it happens.

*The frequency of Josh’s HIIT workouts was 3 times per week.*

**TEACHER / STUDENT CHOICE**

*Choose 1 (or both) Warm-Up activity.*

**Plank Party RPS: [**[**YouTube**](https://youtu.be/2JREN8Cj420)**]**

The object of this game is to win a series of Rock, Paper, Scissor games and move from squat to plank position.

**Plank Drawing Challenge: [**[**YouTube**](https://youtu.be/K_HRHQC0viM)**]**

The object of this game is for students to draw as many foods in the assigned food group as possible while in plank position.

*LESSON 3*

**Time:** The duration of a single session of physical activity.

*Fortu planned 30 minutes of time for his bike ride.*

**TEACHER / STUDENT CHOICE**

*Choose a Purposeful Practice activity.*

**First Letter, Last Letter: [**[**YouTube**](https://youtu.be/3ne7PHw4ksg)**]**

The object is for Team 1 to think of an exercise starting with the 1st letter of a food, and the other team to think of an exercise starting with the last letter.

**5 Second Rule: [**[**YouTube**](https://youtu.be/1REHu0vFhHs)**]**

Teams take turns and score points by naming 3 things that fit into a particular category in 5 seconds.