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

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

- **Fitness Crosswords:** [YouTube]
  The object of this activity is for the class to solve a crossword puzzle cooperatively.

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