



— Planning with a Purpose —
FITNESS
— OPENPHYSED.ORG —

Brain & Body Warm-Ups

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.

Purposeful Practice

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: [\[YouTube\]](#)

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.

Just for Fun (and health)

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.

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

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