**ACTIVE HOME PHYSICAL EDUCATION: 6-8 Fitness Knowledge**

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| **5 Day Rotation** | **Day 1** | **Day 2** | **Day 3** | **Day 4** | **Day 5** |
| Concept  of Focus | I can keep an active lifestyle while staying at home from school. | I can develop my personal fitness by staying active for 60 minutes each day. | I can develop my cardiorespiratory endurance at home. | I can develop my muscular strength at home to improve overall fitness. | I can flex and extend my muscles to improve my overall fitness. |
| Academic  Language  for Today | **ACTIVE LIFESTYLE**  A way of life which values physical activity as an essential part of living; physical activity is a part of daily routines. | **FITNESS**  The degree to which a person is able to meet the physical, intellectual, and emotional demands for everyday living. | **CARDIORESPIRATORY ENDURANCE**  The ability of the heart, lungs, and blood vessels to supply oxygen and nutrients to the muscles during long periods of exercise. | **MUSCULAR STRENGTH**  The maximum amount of force a muscle can produce in a single effort. | **DYNAMIC STRETCHING**  An exercise or fitness routine in which movement and active muscular effort are used to warm up and stretch muscles. |
| Warm-up | [RPS Victory Lap](https://openphysed.org/wp-content/uploads/2016/07/S-01-03-InstantActs_02_RPSVictoryLap.pdf) | [RPS Victory Lap](https://openphysed.org/wp-content/uploads/2016/07/S-01-03-InstantActs_02_RPSVictoryLap.pdf) | [RPS Victory Lap](https://openphysed.org/wp-content/uploads/2016/07/S-01-03-InstantActs_02_RPSVictoryLap.pdf) | [RPS Victory Lap](https://openphysed.org/wp-content/uploads/2016/07/S-01-03-InstantActs_02_RPSVictoryLap.pdf) | [RPS Victory Lap](https://openphysed.org/wp-content/uploads/2016/07/S-01-03-InstantActs_02_RPSVictoryLap.pdf) |
| OPEN Home  Activity | [Fitness Knowledge](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/fitness-knowledge/I-03-03A-FitKnow-1MinuteFitnessChallenge.pdf?dl=0)  Today you’re going to complete a series of 1-Minute Fitness Challenges.  [1 Minute Fitness Challenges Card](http://openphysed-wp-content.s3-us-west-2.amazonaws.com/wp-content/pdf/fitness-knowledge/I-03-03A-FitKnow-1MinuteFitnessChallenge.pdf?dl=0) | [AMRAP](https://openphysed.org/wp-content/uploads/2019/05/M-06-09a-FitKnow-AMRAPChallengeTaskCards.pdf)  This is AMRAP Teamwork. Complete each AMRAP station. You will identify the related components of fitness.  [AMRAP Cards](https://openphysed.org/wp-content/uploads/2019/05/M-06-09a-FitKnow-AMRAPChallengeTaskCards.pdf) | [Cupid Fitness Capacity](https://openphysed.org/wp-content/uploads/2019/05/M-06-10-FitKnow-CupidCapacityTaskCards.pdf)  This is Cupid Fitness Shuffle. Complete the Cupid Shuffle using fitness movements in order to feel our body’s physiological response.  [Cupid’s Fitness Capacity](https://openphysed.org/wp-content/uploads/2019/05/M-06-10-FitKnow-CupidCapacityTaskCards.pdf) | [Planking Hockey](https://openphysed.org/wp-content/uploads/2018/05/M-21-03-PlugPlay-04-PlankingHockey.pdf)  Score points by rolling the ball between your opponent’s hands.  [Full Activity Plan](https://openphysed.org/wp-content/uploads/2018/05/M-21-03-PlugPlay-04-PlankingHockey.pdf) | [Fitness Knowledge](https://darebee.com/workouts/unplugged-workout.html)  It’s time to continue working on our flexibility and balance with Unplugged from Darebee.com.  [Unplugged Workout](https://darebee.com/workouts/unplugged-workout.html) |
| Daily Fitness Activity | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) | [DEAM Calendar](https://openphysed.org/activeschools/activehome) |
| Mindfulness | Sun Salutation #1 Follow the car to perform with family.  [Sun Salutation #1](https://openphysed.org/wp-content/uploads/2019/11/E-10-6h-Yoga-SunSalutationsPeerTeachingCard.pdf) | Sun Salutation #2 Follow the car to perform with family.  [Sun Salutation #2](https://openphysed.org/wp-content/uploads/2019/11/E-10-6h-Yoga-SunSalutationsPeerTeachingCard.pdf) | Sun Salutation #3  Follow the car to perform with family.  [Sun Salutation #3](https://openphysed.org/wp-content/uploads/2019/11/E-10-6h-Yoga-SunSalutationsPeerTeachingCard.pdf) | Sun Salutation #4 Follow the car to perform with family.  [Sun Salutation #4](https://openphysed.org/wp-content/uploads/2019/11/E-10-6h-Yoga-SunSalutationsPeerTeachingCard.pdf) | Sun Salutation Follow the car to perform with family.  [Full Sun Salutation](https://openphysed.org/wp-content/uploads/2019/11/E-10-6h-Yoga-SunSalutationsPeerTeachingCard.pdf) |
| Assessment(s) | [Physical Activity Log](https://openphysed.org/wp-content/uploads/2018/09/AH-X8-ActiveHome-ActivityLogPage.pdf) | [Physical Activity Log](https://openphysed.org/wp-content/uploads/2018/09/AH-X8-ActiveHome-ActivityLogPage.pdf) | [Physical Activity Log](https://openphysed.org/wp-content/uploads/2018/09/AH-X8-ActiveHome-ActivityLogPage.pdf) | [Physical Activity Log](https://openphysed.org/wp-content/uploads/2018/09/AH-X8-ActiveHome-ActivityLogPage.pdf) | [Physical Activity Log](https://openphysed.org/wp-content/uploads/2018/09/AH-X8-ActiveHome-ActivityLogPage.pdf) |