

ACTIVE HOME PHYSICAL EDUCATION: MIDDLE SCHOOL FITNESS KNOWLEDGE

Complete the activity with a friend or family member. Don't forget to log your daily physical activity time.

 Lesson Intro Video to FITT Principle: [Brain Bites- The F.I.T.T Principle](#)

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
My Learning Goals	I will coordinate my body movements to complete consecutive hits.	I will develop a frequency for my workout.	I will measure my intensity during my personal workout.	I will complete two fitness cards for a period of __ minutes.	I will demonstrate two types of fitness during my workout.
Today's Vocabulary	FITT PRINCIPLE A personal fitness concept that is inclusive of frequency, intensity, time, and type for exercise.	FREQUENCY The rate at which something occurs or is repeated over a particular period of time.	INTENSITY The amount of exertion used when performing an exercise or activity. Perceived Exertion	TIME The duration of an event or period.	TYPE The activity category associated with a given exercise (e.g., strength training, cardio, etc.).
Warm-Up Activity	Keeper (Darebee)	Lockdown (Darebee)	Keeper (Darebee)	Lockdown (Darebee)	The Final Bell (Darebee)
Learning Focus Activity	Activity 1: One and Done Perform the One and Done routine. Use the video link below for guidance. Optional Video	Activity 2: Create Your Own One and Done Design Your Own 6 exercise routine. Additional Ideas	Activity 3: Coach D's Warm-up Card Perform each exercise for 1 min with a 30 sec break.	Activity 4: Tabata To Improve Complete two 4 min Tabata workouts. Complete the Aerobic Capacity & Muscular Strength Cards.	Activity 5: Tabata To Improve Complete to 4 min Tabata workouts. Complete the Flexibility & Muscular Endurance Cards.
Daily Movement Activity	1-Min Cardio (Darebee)	1-Min Cardio (Darebee)	Good Morning (Darebee)	Good Morning (Darebee)	Good Morning (Darebee)
Refocus	Relax 5-Min Guide (2bpresent)	7-11 Breathing (2bpresent)	Relax 5-Min Guide (2bpresent)	7-11 Breathing (2bpresent)	Nostril Breathing (V. Otto)
Optional Assessment	FITT Formula Log	FITT Formula Log	FITT Formula Log	FITT Formula Log	FITT Formula Log
Did I log my total activity time?	YES or NO?	YES or NO?	YES or NO?	YES or NO?	YES or NO?
How am I feeling today?					

FITT FORMULA ACTIVITY LOG

FITT Formula (*noun*) A personal fitness concept that includes 4 elements of fitness planning: frequency, intensity, time, and type. These elements create the foundation of a comprehensive fitness plan.

The FITT Formula helps us define and remember the 4 essential elements to a well-written personal fitness plan. Use the chart below to track your FITT status for 1 week.

Key: L = Light Intensity M=Moderate Intensity V=Vigorous Intensity
 AC=Aerobic Capacity MF=Muscular Fitness FL=Flexibility

(Note: This can be done in real-time as a log, or as an activity recall exercise)

Day of the Week	Activity Name	Intensity			Time	Type		
		L	M	V		AC	MF	FL
Monday 1								
Monday 2								
Tuesday 1								
Tuesday 2								
Wednesday 1								
Wednesday 2								
Thursday 1								
Thursday 2								
Friday 1								
Friday 2								
Saturday 1								
Saturday 2								
Sunday 1								
Sunday 2								

How many days per week did you...? [Frequency]

- participate in an activity to improve aerobic capacity?
- participate in an activity to improve muscular fitness?
- participate in an activity to improve flexibility?

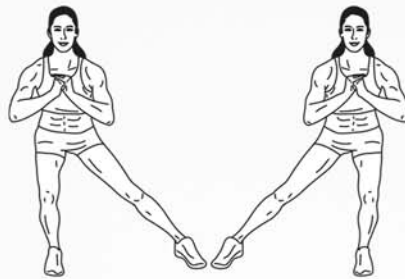
KEEPER

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



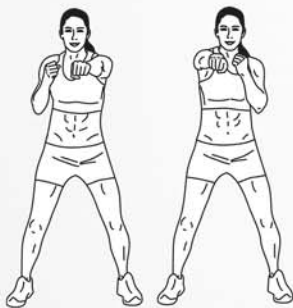
4 lunge step-ups



4 side-to-side lunges



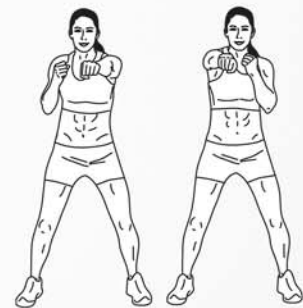
4 lunge step-ups



20 punches



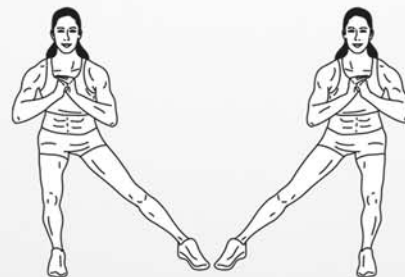
4 lunge step-ups



20 punches



4 lunge step-ups



4 side-to-side lunges

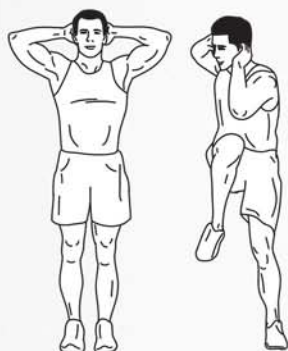


4 lunge step-ups

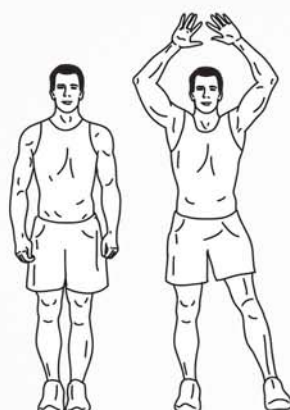
LOCK DOWN

WORKOUT
BY DAREBEE
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Repeat 5 times in total.
Up to 2 minutes rest
between sets.



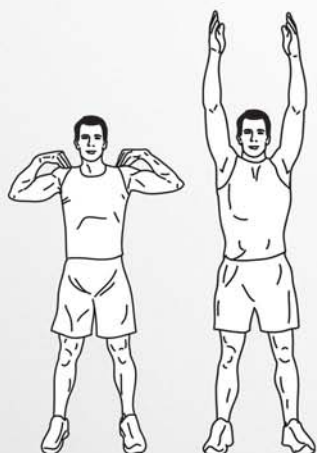
10 knee-to-elbows



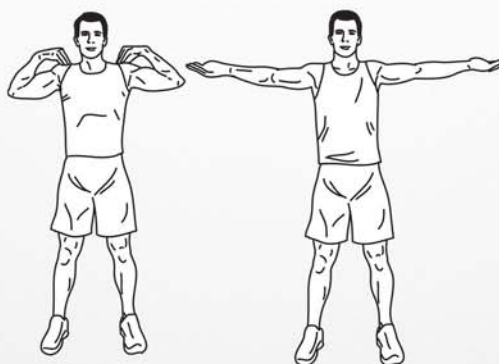
10 step jacks



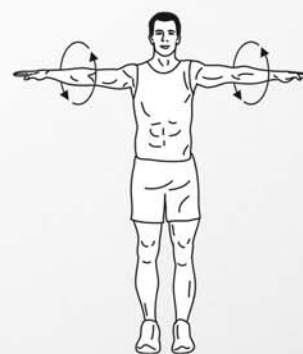
10 reverse lunges



20 shoulder taps

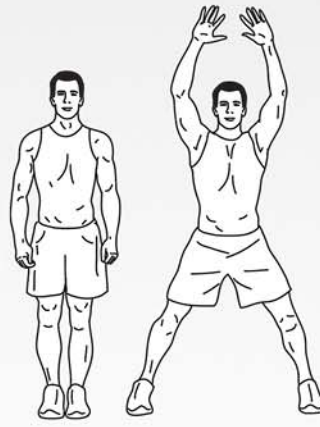


20 side shoulder taps



20 raised arm circles

good morning, world!



30-day challenge

Do jumping jacks
for 60 seconds non-stop
every morning, for 30 days

darebee.com

1 60 seconds jumping jacks	2 60 seconds jumping jacks	3 60 seconds jumping jacks	4 60 seconds jumping jacks	5 60 seconds jumping jacks
6 60 seconds jumping jacks	7 60 seconds jumping jacks	8 60 seconds jumping jacks	9 60 seconds jumping jacks	10 60 seconds jumping jacks
11 60 seconds jumping jacks	12 60 seconds jumping jacks	13 60 seconds jumping jacks	14 60 seconds jumping jacks	15 60 seconds jumping jacks
16 60 seconds jumping jacks	17 60 seconds jumping jacks	18 60 seconds jumping jacks	19 60 seconds jumping jacks	20 60 seconds jumping jacks
21 60 seconds jumping jacks	22 60 seconds jumping jacks	23 60 seconds jumping jacks	24 60 seconds jumping jacks	25 60 seconds jumping jacks
26 60 seconds jumping jacks	27 60 seconds jumping jacks	28 60 seconds jumping jacks	29 60 seconds jumping jacks	30 60 seconds jumping jacks



Let's H.Y.P.E. the breaks!

Hip Hop Public Health is an organization dedicated to helping kids and their families live health and active lives. They've created a video dance series called HYPE the Breaks that you can use at home to stay active. Here's how you can find a dance that you like.

- 1) Visit www.hhph.org
- 2) Click on the "RESOURCES" link in the top menu.
- 3) Use the Filter and Sort tools on the left of the window.
- 4) Check "HYPE Breaking It Down" and "HYPE the Breaks Vol. 1"
- 5) Click on and follow then along with one of the many videos.

TABATA Time!

What is Tabata Training?

- ✓ Tabata training was created by a Japanese scientist named Dr. Izumi Tabata.
- ✓ True Tabata workouts combine 20 seconds of vigorous activity with 10 seconds of rest in between each set.
- ✓ We may adjust our timing and intensity throughout the module, but it's important to understand the history behind our workouts.
- ✓ Dr. Tabata's research showed that even 4-minute workouts using his timing formula can have positive results on a person's overall fitness.

We'll focus on 2 types of Tabata activity routines - One and Done, and Double or Nothing. Then, you can use the blank routine chart to create your own workout.

One and Done

This format is called "one & done" because each exercise is only done 1 time during the routine.

Set #	Exercise Name	Interval Start
1	Jumping Jacks (20 seconds) Rest 10 seconds	0:00
2	Lunges (20 seconds) Rest 10 seconds	0:30
3	Hold Plank Position (20 seconds) Rest 10 seconds	1:00
4	Invisible Jump Rope (20 seconds) Rest 10 seconds	1:30
5	Squats (20 seconds) Rest 10 seconds	2:00
6	Plank Leg Raises (20 seconds) Rest 10 seconds	2:30
7	Jog in Place with High Knees (20 seconds) Rest 10 seconds	3:00
8	Plank Arm Raises (20 seconds) Rest 10 seconds	3:30

TABATA ROUTINE CARD

Health-Related Fitness Routine Card

Set #	Exercise Name	Interval Start
1	Exercise:	0:00
	Rest 10 Seconds	
2	Exercise:	0:30
	Rest 10 Seconds	
3	Exercise:	1:00
	Rest 10 Seconds	
4	Exercise:	1:30
	Rest 10 Seconds	
5	Exercise:	2:00
	Rest 10 Seconds	
6	Exercise:	2:30
	Rest 10 Seconds	
7	Exercise:	3:00
	Rest 10 Seconds	
8	Exercise:	3:30
	Rest 10 Seconds	

TABATA ROUTINE CARD

Skill-Related Fitness Routine Card

Set #	Exercise Name	Interval Start
1	Exercise:	0:00
	Rest 10 Seconds	
2	Exercise:	0:30
	Rest 10 Seconds	
3	Exercise:	1:00
	Rest 10 Seconds	
4	Exercise:	1:30
	Rest 10 Seconds	
5	Exercise:	2:00
	Rest 10 Seconds	
6	Exercise:	2:30
	Rest 10 Seconds	
7	Exercise:	3:00
	Rest 10 Seconds	
8	Exercise:	3:30
	Rest 10 Seconds	

PERCEIVED EXERTION CARD

RPE Scale	Rate of Perceived Exertion
10	<p>Max Effort Activity It feels almost impossible to keep going. I'm completely out of breath and can't talk. I can't keep this up for long.</p>
9	<p>Very Vigorous Activity It's really hard to maintain this intensity. I can barely breathe and can only speak a few words at one time.</p>
7-8	<p>Vigorous Activity This is almost uncomfortable. My breathing is very heavy, but can speak a full sentence.</p>
4-6	<p>Moderate Activity My breathing is heavy, but can hold a short conversation. I'm not uncomfortable, but I can feel the challenge in the activity.</p>
2-3	<p>Light Activity I can maintain this activity for hours. It's easy to breathe and carry on a conversation.</p>
1	<p>Very Light Activity I don't have to try hard at all, but I'm not watching TV or taking a nap.</p>

COACH D'S FITNESS WARM-UP CARDS

(FLEXIBILITY)

Slow, Swimming

Arm Circles

COACH D'S FITNESS WARM-UP CARDS

(MUSCULAR ENDURANCE)

Perfect

PLANK

Position

COACH D'S FITNESS WARM-UP CARDS

(AEROBIC CAPACITY)

Arms in Front

Mummy Jacks

COACH D'S FITNESS WARM-UP CARDS

(FLEXIBILITY)

Mountain Pose

COACH D'S FITNESS WARM-UP CARDS

(MUSCULAR STRENGTH)

Super Slow Motion

PUSH-UPS

COACH D'S FITNESS WARM-UP CARDS

(AEROBIC CAPACITY)

Perfect Alignment

Jumping Jacks

TABATA TO IMPROVE ACTIVITY CARD

4-Minute Tabata for Aerobic Capacity

Set #	Exercise Name	Interval Start
1	Exercise: Burpees	0:00
	Rest 10 Seconds	
2	Exercise: Mountain Climbers	0:30
	Rest 10 Seconds	
3	Exercise: Jumping Jacks	1:00
	Rest 10 Seconds	
4	Exercise: Jogging in Place with High Knees	1:30
	Rest 10 Seconds	
5	Exercise: Burpees	2:00
	Rest 10 Seconds	
6	Exercise: Mountain Climbers	2:30
	Rest 10 Seconds	
7	Exercise: Jumping Jacks	3:00
	Rest 10 Seconds	
8	Exercise: Jogging in Place with High Knees	3:30
	Rest 10 Seconds	

TABATA TO IMPROVE ACTIVITY CARD

4-Minute Tabata for Muscular Strength

Set #	Exercise Name	Interval Start
1	Exercise: Side-to-Side Lunges	0:00
	Rest 10 Seconds	
2	Exercise: Walking Push-ups	0:30
	Rest 10 Seconds	
3	Exercise: Air Squats	1:00
	Rest 10 Seconds	
4	Exercise: Crunches	1:30
	Rest 10 Seconds	
5	Exercise: Side-to-Side Lunges	2:00
	Rest 10 Seconds	
6	Exercise: Walking Push-ups	2:30
	Rest 10 Seconds	
7	Exercise: Air Squats	3:00
	Rest 10 Seconds	
8	Exercise: Crunches	3:30
	Rest 10 Seconds	

TABATA TO IMPROVE ACTIVITY CARD

4-Minute Tabata for Muscular Endurance

Set #	Exercise Name	Interval Start
1	Exercise: Plank Jacks	0:00
	Rest 10 Seconds	
2	Exercise: Mountain Climbers	0:30
	Rest 10 Seconds	
3	Exercise: Curl-ups	1:00
	Rest 10 Seconds	
4	Exercise: Plank Position	1:30
	Rest 10 Seconds	
5	Exercise: Plank Jacks	2:00
	Rest 10 Seconds	
6	Exercise: Mountain Climbers	2:30
	Rest 10 Seconds	
7	Exercise: Curl-ups	3:00
	Rest 10 Seconds	
8	Exercise: Plank Position	3:30
	Rest 10 Seconds	

TABATA TO IMPROVE ACTIVITY CARD

4-Minute Tabata for Flexibility

Set #	Exercise Name	Interval Start
1	Exercise: Shoulder Stretch (15 seconds on each arm)	0:00
	Rest 10 Seconds	
2	Exercise: Cross Leg Stretch (15 seconds then switch)	0:30
	Rest 10 Seconds	
3	Exercise: Chest Raises	1:00
	Rest 10 Seconds	
4	Exercise: Figure 4 Stretch (15 seconds on each leg)	1:30
	Rest 10 Seconds	
5	Exercise: Shoulder Stretch (15 seconds on each arm)	2:00
	Rest 10 Seconds	
6	Exercise: Cross Leg Stretch (15 seconds then switch)	2:30
	Rest 10 Seconds	
7	Exercise: Chest Raises	3:00
	Rest 10 Seconds	
8	Exercise: Figure 4 Stretch (15 seconds on each leg)	3:30
	Rest 10 Seconds	




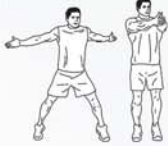


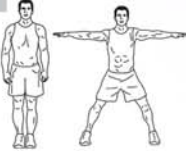

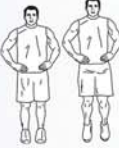





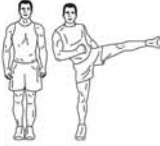








1-minute

cardio

Repeat the exercises for each day for 60 seconds, every day for 30 days. **Go flat out.**

30-Day Challenge

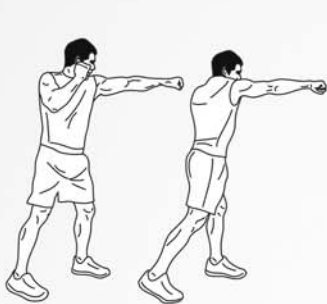
@ darebee.com

1  jumping jacks	2  butt kicks	3  march twists	4  split jacks	5  seal jacks
6  high knees	7  half jacks	8  side jacks	9  T-jumps	10  toe tap hops
11  hops on the spot	12  side-to-side jumps	13  squats	14  knee strikes	15  climbers
16  skiers	17  knee-to-elbow	18  side leg raises	19  squat step-ups	20  straight leg bounds
21  squat hold punches	22  lunge twists	23  skaters	24  shoulder taps	25  lunge step-ups
26  single leg hops	27  climber taps	28  jumping lunges	29  jump squats	30  basic burpees

#FINAL BELL

DAREBEE WORKOUT @ darebee.com

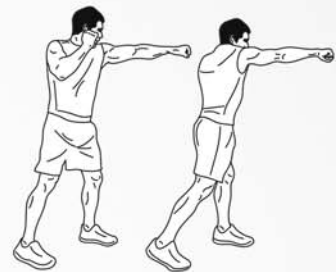
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 punches



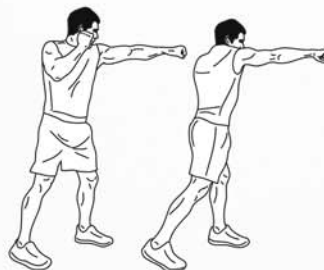
10 uppercuts



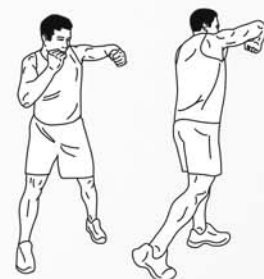
20 punches



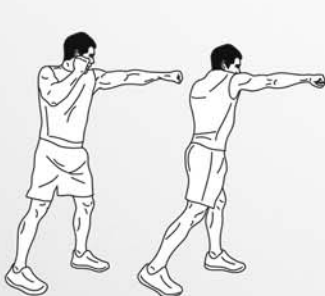
10 hooks



20 punches



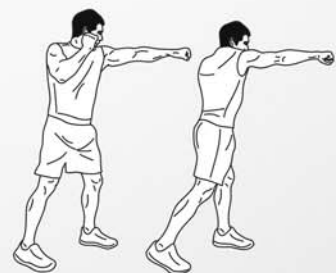
10 hooks



20 punches



10 uppercuts



20 punches