

**ACTIVE HOME PHYSICAL EDUCATION: MIDDLE SCHOOL 30 Days of High Intensity Interval Training**

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

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>My Learning Goals</b>	I will work to develop both health- and skill-related fitness while actively engaging in daily HIIT challenges.	I will discuss the benefits of plank as it relates to overall muscular fitness.	I will work in the Heart Health Zone while being mindful of my perceived exertion.	I will discuss the relationship between good nutrition and fewer health risk factors.	I will adjust my fitness plan in a way that helps me maintain an active lifestyle.
<b>Today's Vocabulary</b>	<b>SKILL-RELATED FITNESS</b> A group of 6 psychomotor characteristics that contribute to a person's ability to complete a physical performance	<b>MUSCULAR FITNESS</b> The combined ability of a muscle to demonstrate strength and endurance.	<b>PERCEIVED EXERTION</b> How hard an individual feels her/his body is working during a bout of physical activity or exercise.	<b>LIFESTYLE</b> The way in which a person lives. A way of life.	<b>FITNESS PLAN</b> A course of action to reach a desired level of fitness, typically including an exercise schedule and approach to nutrition.
<b>Warm-Up Activity</b>	<a href="#">Healer Warm-Up</a> (Darebee.com)	<a href="#">Healer Warm-Up</a> (Darebee.com)	<a href="#">Healer Warm-Up</a> (Darebee.com)	<a href="#">Healer Warm-Up</a> (Darebee.com)	<a href="#">Healer Warm-Up</a> (Darebee.com)
<b>Learning Focus Activity</b>	<b>Activity 1:</b> <a href="#">30 Days of HIIT</a> (DAY 8) Complete Fitness Planning Journal Page	<b>Activity 2:</b> <a href="#">30 Days of HIIT</a> (DAY 9) Complete Fitness Planning Journal Page	<b>Activity 3:</b> <a href="#">30 Days of HIIT</a> (DAY 10) Complete Fitness Planning Journal Page	<b>Activity 4:</b> <a href="#">30 Days of HIIT</a> (DAY 11) Complete Fitness Planning Journal Page	<b>Activity 5:</b> <a href="#">30 Days of HIIT</a> (DAY 12) Complete Fitness Planning Journal Page
<b>Daily Movement Activity</b>	<a href="#">Darebee Yoga Flow</a>	<a href="#">Darebee Yoga Flow</a>	<a href="#">Darebee Yoga Flow</a>	<a href="#">Darebee Yoga Flow</a>	<a href="#">Darebee Yoga Flow</a>
<b>Refocus</b>	Choose a <a href="#">Guided Meditation</a>	Choose a <a href="#">Guided Meditation</a>	Choose a <a href="#">Guided Meditation</a>	Choose a <a href="#">Guided Meditation</a>	Choose a <a href="#">Guided Meditation</a>



# AT-HOME PHYSICAL EDUCATION

Weekly Plan for Students and Families

Did You Complete the Fitness Log?	Yes or No	Yes or No	Yes or No	Yes or No	Yes or No
How am I feeling today?	  	  	  	  	  