



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.	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. Perceived Exertion	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



AT-HOME PHYSICAL EDUCATION
Weekly Plan for Students and Families

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?	  	  	  	  	  