

Physical Education

Fitness Journal



Name: _____

Date: April 2-17

- THIS activity is intended for students who are able to participate in physical activity. **You will fill out and submit page 4, Physical Activity Log using the Submission Link in the Module.**
- Students under a doctor's care and UNABLE TO DO ANY PHYSICAL ACTIVITY will NOT complete this assignment, but will instead complete the assignment titled, Alternate Assignment for April 2-17.**
- Go to Submission link in the module for instructions on downloading, and submitting the Assignment
- Your assignment is due April 15.



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It is recommended that students get 60 minutes of activity per day to maintain good Health Related Fitness. This journal contains some activity ideas you can use OR you may choose your own activities. We want you to go off-line for this assignment as much as possible and if able, involve your family. Have fun with the assignment while you are working to improve your physical and emotional health.

To receive credit for this assignment, follow the instructions on page 4, complete the Activity Log each day and then submit to your Health and/or Physical Education teacher by April 15.

Focused Alignments:
Core SEL Competencies | casel.org
Grade-level Outcomes | shapeamerica.org

Featuring Resources By:



OPENPhysEd.org



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Activity Objectives...

1. Achieves and maintains a health enhancing level of physical activity and fitness
2. Achieves personal activity goals aimed at reducing stress and boosting our body's ability to fight disease
3. Demonstrates awareness that physical activity provides the opportunity for health, enjoyment, challenge, self-expression and/or social interaction.

Your SMART goal.

A SMART goal is Specific, Measurable, Achievable, Realistic, and Time-bound.

- **SMART GOAL 1:** Over the coming days, I will be physically active for at least 60 minutes per day. I will record my activity using the activity log provided in this journal.



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Physical Activity Log

Use the Physical Activity Log to track your progress. Write the specific activity you do and the total number of minutes spent doing it, then total your minutes. Remember, activity minutes add up and you are trying to get at least 60 minutes per day. It's okay to break your total activity into smaller chunks of movement. Try to incorporate moderate to vigorous activity under at least one of the activity columns. You are free to choose your own activities or you may want to get some activity ideas from the resources within the Module.

*****Week 1: There are only 5 days on this submission. Submit this on April 15 either through the Canvas assignment or a photo of completed work to rbrownin@rhmail.org**

Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	Day 3 Activity of the Daily Challenge 15 minutes	Yoga & Push-Ups and Sit-Ups 15 minutes	Walk with my family 30 minutes	60 minutes
Thurs. 4/2				
Fri. 4/3				
Mon. 4/13				
Tues. 4/14				
Wed. 4/15 (submit today)				



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*****Week 2: This page not required for this submission.**

Day		Activity 1	Activity 2	Activity 3	Total
Sample Day		Daily Challenge 15 Mins	Yoga/Strength & Endurance Exercises 15 Minutes	Walk with Friends 30 minutes	60 minutes



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Ideas for Daily Activity Challenges

Complete each challenge. When finished, mark an X next to that day's challenge.

Day	Challenge	Complete ?
Sample Day	How many jumping jacks can you do in 15 minutes? Do your 'jacks in sets of 25 with a break in between.	X
Day 1	Visit Darebee.com and complete the Workout of the Day.	
Day 2	Make 3 sock balls by balling up your socks – duh... Grab an adult and search “learn to juggle” on YouTube. Work for 15 minutes and make progress.	
Day 3	Grab an invisible jump rope and create a routine that includes at least 4 different “tricks.”	
Day 4	Wall Push-ups are just like push-ups but are done standing against a wall. Do 10 sets of 10.	
Day 5	Play 10 games Rock Paper Scissor with a friend. The winner of each game picks an exercise for both of you to complete.	
Day 6	Squat Stare Challenge. Squat position facing a friend. Have a staring contest. The winner picks an exercise for both to complete. No blinks or smiles	
Day 7	Visit www.hhph.org/resources/flow/ And complete this HYPE the Breaks routine.	
Day 8	Remember how many jumping jacks you did in 15 minutes? It's time to break your record! Do your 'jacks in sets of 25 with a break in between.	
Day 9	Practice makes perfect! Grab those 3 sock balls and work on your juggling for another 15 minutes.	
Day 10	Visit Darebee.com and complete the Workout of the Day.	
Day 11	How many jumping jacks can you do in 15 minutes? Do your 'jacks in sets of 25 with a break in between.	
Day 12	Play 10 games Rock Paper Scissor with a friend. The winner of each game picks an exercise for both of you to complete.	



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Day 13	Squat Stare Challenge. Squat position facing a friend. Have a staring contest. The winner picks an exercise for both to complete. No blinks or smiles	
Day 14	Visit www.hhph.org/resources/to-the-core/ And complete this HYPE the Breaks routine.	



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Ideas for daily activities:

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



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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

Double or Nothing

This format is “Double or Nothing” because each exercise is done twice in a row.

Set #	Exercise Name	Interval Start
1	Lunges (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	Hold Plank Position (20 seconds) Rest 10 seconds	1:30
5	Squats (20 seconds) Rest 10 seconds	2:00
6	Squats (20 seconds) Rest 10 seconds	2:30
7	Jumping Jacks (20 seconds) Rest 10 seconds	3:00
8	Jumping Jacks (20 seconds) Rest 10 seconds	3:30



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