

ACTIVE HOME PHYSICAL EDUCATION: HIGH 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
My Learning Goals	I will begin the 30 Days of HIIT challenge and complete all journal prompts.	I will be mindful of my perceived exertion during HIIT workout and complete journal prompts.	I will develop 3 strategies to maintain my perseverance during the 30 Days of HIIT Challenge.	I will complete journal prompts with a focus on designing an active lifestyle.	I will reflect on the first 5 days of the 30 Days of HIIT challenge and develop next week's fitness plan.
Today's Vocabulary	HIIT (High Intensity Interval Training) A form of exercise characterized by a series of short bouts of vigorous exercise followed by brief periods of rest or moderate exercise.	PERCEIVED EXERTION How hard an individual feels her/his body is working during a bout of physical activity or exercise.	PERSEVERANCE To continue along a course of action in the face of difficulty.	LIFESTYLE The way in which a person lives. A way of life.	FITNESS PLAN A course of action to reach a desired level of fitness, typically including an exercise schedule and approach to nutrition.
Warm-Up Activity	Healer Warm-Up (Darebee.com)	Healer Warm-Up (Darebee.com)	Healer Warm-Up (Darebee.com)	Healer Warm-Up (Darebee.com)	Healer Warm-Up (Darebee.com)
Learning Focus Activity	Activity 1: 30 Days of HIIT (DAY 1) Complete Fitness Planning Journal Page	Activity 2: 30 Days of HIIT (DAY 2) Complete Fitness Planning Journal Page	Activity 3: 30 Days of HIIT (DAY 3) Complete Fitness Planning Journal Page	Activity 4: 30 Days of HIIT (DAY 4) Complete Fitness Planning Journal Page	Activity 5: 30 Days of HIIT (DAY 5) Complete Fitness Planning Journal Page
Daily Movement Activity	Darebee Yoga Flow	Darebee Yoga Flow	Darebee Yoga Flow	Darebee Yoga Flow	Darebee Yoga Flow
Refocus	Choose a Guided Meditation	Choose a Guided Meditation	Choose a Guided Meditation	Choose a Guided Meditation	Choose a Guided Meditation
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?	😊 😄 😞	😊 😄 😞	😊 😄 😞	😊 😄 😞	😊 😄 😞