

WEEK 7 ACTIVE HOME PHYSICAL EDUCATION: HIGH SCHOOL HEALTH-RELATED FITNESS

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 complete all Darebee workouts in order to develop my muscular fitness.	I will complete all Darebee workouts in order to develop my aerobic capacity.	I will demonstrate grit by completing all Darebee workouts today.	I will write down 3 fitness goals that could be incorporated into a fitness plan.	I will participate in physical activity each day with a focus on improving my health.
Today's Vocabulary	MUSCULAR FITNESS The combined ability of a muscle to demonstrate strength and resist fatigue.	AEROBIC CAPACITY The body's ability to take in, transport, and use oxygen during vigorous physical activity.	GRIT The combination of passion and perseverance, which allows you to keep developing skill and working toward achievement.	FITNESS PLAN A course of action to reach a desired level of fitness, typically including an exercise schedule and approach to nutrition.	PARTICIPATE The act of engaging and taking part in an activity.
Warm-Up Activity	Mr. Grumpy (Darebee.com)	Cardio Fix (Darebee.com)	Mr. Grumpy (Darebee.com)	Cardio Fix (Darebee.com)	Mr. Grumpy (Darebee.com)
Learning Focus Activity	Activity 1: 100 Percent Workout Perform Level 1 Workout	Activity 2: Quick HITT Workout Perform Level 1 Workout	Activity 3: 100 Percent Workout Perform Level 1 or 2 Workout	Activity 4: Quick HITT Workout Perform Level 1 or 2 Workout	Activity 5: Choose Level 2 of 100 Percent Workout OR Quick HITT Workout
Daily Movement Activity	Explorer Darebee	Explorer Darebee	Explorer Darebee	Explorer Darebee	Explorer Darebee
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?	  	  	  	  	  