

**Grade 9-12**

Distance Learning Module: 4 Week of: April 20<sup>th</sup> – April 24<sup>th</sup>

**Content Area:** Physical Education **Unit Title:** *Introduction to Fitness Concepts/Home Workouts*

**Targeted Goals from Stage 4:** Students will learn basic fitness concepts while being challenged with some fun at home workouts. The at home workouts will incorporate the various fitness concepts that the students are learning about during the week 4 module.

**Content Knowledge:** Fitness

**Vocabulary:** FITT Principle, 5 Health Related Components of Physical Fitness, 6 Skill Related Components of Physical Fitness, Target Heart Rate/Training Zone, and Resting Heart Rate.

**Skills:** Cardiovascular Endurance, Muscular Endurance, Muscular Strength, and Flexibility.

**Expectation:** Please follow the directions under Description Of Task. The intent is to learn a new fitness concept every day and perform a different at home workout. It will be different each day and you will be active for about 30 minutes. Make sure you answer the question of the day, submit any required assignments and perform all the workouts. Have fun!

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Monday:  FITT Principle  1 Watch the two videos on FITT  2. Answer the question of the day and turn in. <b>Do not post under comments</b>  3. Workout of the Day - Perform your Name Workout  4. Submit Screenshot of your workout	FITT Videos:  The FITT Principle - #Phyzed 101 - #001  FITT Rap- Mr. Hagenbach  Name Workout Directions: <b>YOUR FULL NAME IS THE WORKOUT</b>	Question of the day  What does FITT stand for?  What are the recommendations for <b>teenagers</b> ?  a. <b>F</b> - recommendation: b. <b>I</b> - recommendation: c. <b>T</b> - recommendation: d. <b>T</b> - recommendation:

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
<p>Tuesday:</p> <p>Physical Fitness/5 Health Related Components</p> <ol style="list-style-type: none"> <li>1. Read the attached handout and watch the video.</li> <li>2. Answer the question of the day and turn in. <b>Do not post under comments</b></li> <li>3. Workout of the Day - Perform Flip A Coin Workout</li> </ol>	<p>5 Health Related Fitness components: Physical Fitness Health Related Components</p> <p>Flip a Coin Workout: FLIP A COIN WORKOUT:</p>	<p>What are the five health related components of Physical Fitness?</p>
<p>Wednesday:</p> <p>Physical Fitness/6 Skill Related Components</p> <ol style="list-style-type: none"> <li>1. Read the attached handout and watch the video.</li> <li>2. Answer the question of the day and turn in. Do not post under comments</li> <li>3. Workout of the Day - Perform Canned Food Workout *You will need two food cans - same size*</li> </ol>	<p>6 Skill Related Fitness Components: Six Components of Skill-Related Fitness</p> <p>Canned Food Workout: Canned Food Workout 🍷 Strong, Lean Upper Body (No Weights! Prolapse-Safe!)</p>	<p>What are the six skill related components of Physical Fitness?</p>

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
<p>Thursday:</p> <p>Heart Rate/Training Zones</p> <p>1. Watch the video, read the attached handout, and complete the work section on handout in pink.</p> <p>2. Answer the question of the day and turn in. <b>Do not post under comments</b></p> <p>3. Workout of the Day - Pick either Fitness Monopoly or Dice Game. If you feel up to it play both!</p>	<p>Heart Rate Training Zones: Heart Rate Training Zones</p> <p>Workout Games: Fitness Monopoly (First person to 10 wins)</p> <p>Exercise Dice Game</p>	<p>What is your Resting Heart Rate?</p> <p>What is your Max Heart Rate?</p> <p>What is your Training Zone? (60%-85% of MaxHR)</p>
<p>Friday:</p> <p>FIT Friday</p> <p>1. Review what your Heart Rate Training Zone is? You should be trying to stay in this Zone during the entire workout today.</p> <p>2. Workout of the Day - Perform Fitstar HITT style workout. Don't forget to fill out the Log Sheet while doing the workout.</p> <p>3. When you complete the workout turn in the log sheet.</p> <p>4. Answer the question of the day and turn in. <b>Do not post under comments</b></p>	<p>Fitstar Hitt Workout: <a href="https://www.youtube.com/watch?v=7HlmK6AHM6M">https://www.youtube.com/watch?v=7HlmK6AHM6M</a></p> <p>Workout Log Sheet: FitStar Log Sheet.xlsx</p>	<p>What was your favorite workout this week?</p>

**Week criteria for success:** Responses to daily exit Slip Questions, Screenshot of name workout, and submission of FitStar Workout Log Sheet.

**Supportive resources and tutorials for the week:** DAREBEE: