**Activity: “A Week of Activity”**

**Week: Week of April 20th**

**Key Content/Modeling**

**“Mindful Monday”**
Yoga is a great opportunity to approach the mind and body and relieve tension. Complete one of the yoga links from Mr. Herd’s SWAY.

**“Walk It Like You Talk It Tuesday”**
Get out and get some fresh air to go along with your steps. You and a family member get out for a 20 min walk/talk.

**“Weight Training Wednesday”**
Pick two exercises from each group (upper body, lower body, core, cardio). Complete 3 sets of 10 for each exercise, 3 of 30 sec for cardio.

**“Take Off Thursday”**
Kicking it up a gear from Tuesdays 20-minute walk. Moving to a jog/walk. Walking 1 minute and jogging the next. Repeat until 20 minutes is up.

**“Flexibility Fridays”**
Looking to relieve our bodies of tension again before a relaxing weekend. Choosing 5 total stretches from the stretching list on Mr. Herd’s SWAY.

**You Try**

“F.A.M.I.L.Y = forget about me, I love you!” - PJ Fleck (Head Football Coach, Univ of Minnesota)

In addition to tell loved ones “I love you” daily, make sure it is visible through your actions. This could consist of helping with a chore, sending a message/making a phone call to check in, and even just a quick conversation as to why you appreciate this individual.

**Show me what you know (Proof of learning) Heart Rate**

1. Find Pulse (Carotid “neck” or Radial “wrist)
2. Set 6 second timer (Count how many beats during that 6 seconds)
3. Multiply by 10 or add a 0 to the end (Ex: 7 beats in 6 seconds turns into 70 bpm)

**Self-Assessment**

Did you complete 3 out of the 5 days?
Where were your heart rate levels?
How can you improve your efforts moving into next week?

**Priority Standard(s):**

Standard 3: Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 5: Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

**What am I learning?**

- Different movements/exercises
- Importance of physical activity at least 3 times a week

**How do I know I learned?**

Learning Evidence in 1-3 Descriptors

-Complete 3 days of the activity in efforts to raise HR for heart benefits.

-Actively track heart rate levels both before and after an activity. Looking to hit target heart rates of 110-160.

**Extra Learning Opportunities**

Complete 5 out of the 5 days. In a regular school week, you get 5 days of PE. Challenge yourself to get 5 out of 5.