### “Mindful Monday”
Let’s prepare our mental for the new week upon us. The fitness log link is in Mr. Sway page. Take the format to a sheet of paper and plan 5 physical activities for the week outside of these.

### “Turn Up Tuesday”
Climbing the mountain. Uphill battle to get our week started. 6 rounds of exercise; 20 seconds of mt climbers, 10 bench dips, 10 bw squats. Repeat 6 times.

### “Walk It Out Wednesday”
20-minute walk with a family member. Topic of conversation is where you want to be in 5 years, and steps to take to get there. EXTRA EXTRA: At every crosswalk you come to 10 bw squats.

### “Take Off Thursday”
Take off the pressure from the body and the brain with our “Office Break Yoga”. It is a short 14-minute yoga session that is great to break free from school work, chores, and other duties.

### “Finish Hard Fridays”
25-minute walk can be solo or with a family member. You will need a clock/watch handy. We are breaking 25 mins down into 5 minute blocks. The first 3 minutes you walk, the 4th min you lunge, 5th min you run. Repeat 5 times.

### Key Content/Modeling

<table>
<thead>
<tr>
<th>Activity</th>
<th>“A Week of Activity”</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grade</td>
<td>6,7,8</td>
</tr>
<tr>
<td>Class</td>
<td>Physical Ed.</td>
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<tr>
<td>Teacher</td>
<td>Herd &amp; Ellis</td>
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</tbody>
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#### 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?

- 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.

#### 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)
  4. Always measure HR pre, during, and after workout.

#### 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? Planning

#### 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.

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**You Try**

“You don’t have to be great to start, but you have to start to be great.”

In whatever you hope to achieve in life the first step is starting. Understand the mastery comes with time and effort. Don’t shortcut your dreams because fear of failure, remember to first step to being great is simply starting. Today is the first day of the rest of your life.