Activity: “A Week of Activity”

Week: Week of May 4th

<table>
<thead>
<tr>
<th>Class</th>
<th>Teacher</th>
</tr>
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<tbody>
<tr>
<td>Physical Ed</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?**

**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.

**You Try**

“There always comes a time when giving up is easier than standing up, when giving in looks more attractive than digging in”

-Everyone is experiencing difficulties through these troubled times. Be the one who works through adversity and smacks it in the face. Championship mindset all week.

**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.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
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<tbody>
<tr>
<td>“Mindful Monday”</td>
<td></td>
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  Find a song with name/artist or a YouTube video that motivates you and inspires you to grow yourself. Once you have selected one email it to your teacher or post it to google teams to share with all. |
| “Top Strength Tuesday”  |
  Focusing on building upper body strength and endurance. Between bench dips, pushups you want to complete 100 total reps combined of the two movements. Want a challenge aim for 150. |
| “Wobbly Leg Wednesday”  |
  Focusing on building lower body strength and endurance. Now we are attacking the legs. Between squats and lunges you want to complete 100 total reps combined of the two movements. Want a challenge aim for 150. |
| “Trunk Thursday”  |
  Focusing on building core strength and endurance. Between abdominal twist, flutter kicks, bicycle crunch, and crossover suitcase crunch you want to complete 100 total reps combined of the 4 movements. For a finisher look to hold a plank as long as you can. |
| “Free Friday”  |
  Fridays forecast is supposed to be 78 degrees and sunny, make it a point to get outside and enjoy the fresh air and sunshine all while remember to practice social distancing. |
## FCMS PHYSICAL ACTIVITY LOG

<table>
<thead>
<tr>
<th>Date</th>
<th>Resting Heart Rate</th>
<th>Mid-Activity HR</th>
<th>Final Heart Rate</th>
<th>Activity</th>
<th>Duration (How long?)</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/26</td>
<td>70</td>
<td>140</td>
<td>160</td>
<td>2 Mile Jog</td>
<td>17:35</td>
</tr>
</tbody>
</table>

### Calculating 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)

### Examples of Physical Activity

Walking, Running, Skateboarding, Biking, Sports, Yard Work, Hiking, Yoga, Weight Lifting.

“Aim for 40 minutes of Physical Activity daily.”

If you have other activities you are engaging in those can take the place of the ones from the assignment. The daily workouts are suggested activities if you are struggling to get out and come up with some. Remember to get up and be active, not sit and be sedentary.

Expectations are that students complete physical activity 3 out of the 5 days during the week, challenge yourself and aim to get 5. Once your week of activity is done its needs to be logged on this sheet and submitted back to your teacher on Friday either via email or google teams. Have a great week, we miss you all.

-Ellis & Herd