**Eagle Learning Plan**

**Activity: “A Week of Activity”**

**Week: Week of May 11th**

**Grade 6, 7, 8**

**Class**  
Physical Ed

**Teacher**  
Herd & Ellis

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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.

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**Monday**

**“Mindful Monday”**  
Find an article in the newspaper, online, a magazine, or a book about nutrition and eating healthy. Write a one paragraph summary on what you learned about how healthy foods can help you.

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**Tuesday**

**“Two Speed Tuesday”**  
Take 20 minutes for a HIIT walk-run. Run for 1 minute, walk for 1 minute. Continue the alternating until 20 minutes has passed. Push yourself during the runs while understanding the walks are your recovery time.

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**Wednesday**

**“Workout Out Wednesday”**  
Toughest day of the week. Challenge yourself. 15 minute walk, 75 lower body reps(squats, lunges, broad jumps), 75 upper body reps(bench dips, push ups), 75 core reps(ab twist, flutter kicks, bicycle crunch).

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**Thursday**

**“Thankful Thursday”**  
Take time to send a text message, a call, a letter to let someone know why you are thankful for them. This could also involve writing a letter to self to reflect on why you are thankful for your life.

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**Friday**

**“Free The Mind Friday”**  
Take part in one of the yoga classes on Mr. Herd’s SWAY site, understand that we must exercise the mind as well. Yoga is a great practice for mental exercise.

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**You Try**

“Do something today that your future self will thank you for.”

- Be present in your life everyday but also remember what your goals are and where you want to be tomorrow. Make sure you are taking a step towards that every day!

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**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.

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**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

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**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.
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