**Activity: “A Week of Activity”**

**Week: Week of May 18th**

**Grade**: 6, 7, 8

**Class**: Physical Ed

**Teacher**: Herd & Ellis

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>“Mindful Monday”</td>
<td>“Teach Me Tuesday”</td>
<td>“Weekly Walk”</td>
<td>“Thirstday”</td>
<td>“Fruitful Friday”</td>
</tr>
<tr>
<td>Email Mr. Herd or Mr. Ellis and tell us what unit you enjoyed most this year and why. We are always looking to progress and make our classes better. Now is time for you to help.</td>
<td>Of the workouts that have been assigned and that are on SWAY. Send MR. Ellis/Herd workouts to complete. Make sure it is a full body workout and include the sets and reps.</td>
<td>Take time to create a 20-minute playlist of your favorite songs, when the playlist ends. The walk is over. Invite a family member or friend to walk with you. Be sure to practice social distancing along the way. Send me songs for my playlist too!</td>
<td>Hydrate, hydrate, hydrate. When choosing beverages today, chose a glass of H2O. Many of the unnecessary calories we consume are through beverages. Aim for 8 glasses of water today. Specifically one glass right when you wake up and one just before bed.</td>
<td>Diving in again to nutrition. What you put in your body is your fuel. They don’t put regular gasoline in Lamborghini, feed your machine with 2-3 servings of fruit today and have a great weekend.</td>
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</table>

**You Try**

https://www.youtube.com/watch?v=0epx7MSdL1g

“Change the way you see yourself” by Eric Thomas

I love all of Eric’s talks, the way you view yourself is important, understand the great value you have!

**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

**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

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.
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