**Activity: “A Week of Activity”**

**Week: Week of May 25th**

**Grade:** 6, 7, 8

**Class:** Physical Ed

**Teacher:** Herd & Ellis

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**Activity:**

- **Monday:** “Memorial Monday”
  Off day. Great time to reflect on those who gave the ultimate sacrifice for us to live the lives we live today. Be thankful!

- **Tuesday:** “Top End Tuesday”
  Working on upper body fitness today. Aiming to hit 50-100 reps of push ups and 50-100 reps of the core exercises from Herd’s SWAY page. Put in work!

- **Wednesday:** “Working Wednesday”
  We are aiming to jog for twenty minutes today. This could be done in a couple different ways. 1-20 minute full job, 2-10 minute jogs, or 4-5 minute jogs. Challenge yourself not to stop in whatever set you choose!

- **Thursday:** “Tidy Up Tuesday”
  Take some time to help with the house chores. Aiming for an hour worth of tidying up your room, the living room, kitchen, bathroom, or the lawn. Tidy Up!

- **Friday:** “Free Friday”
  Any activity of your choice that gets your heart rate to that 120-160. 20 minutes of it to finish out the week right! Its your optional day, no sit around no stand around!

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**You Try**

https://www.youtube.com/watch?v=QSSMsTaJiZ0

Little inspiring message from Steve Harvey that I love to listen to remind myself to have purpose everyday.

“Don’t just just be alive, make sure you live!”

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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