

WEEK #4 LEARNING PLAN - Week of April 13th
REMOTE LEARNING

Course Name: Freshman Physical Education
Lifetime Fitness
Performance Edge
Aerobics, Toning, Yoga & Dance

Date for Posting: MONDAY, APRIL 13TH

Learning Objective for This Week's Class:

THE STUDENTS WILL BE ABLE TO Perform a Workout of Their Choice
THE STUDENTS WILL BE ABLE TO Log Information About Their Workout

Student Steps for Activity:

1. Choose an activity from the document titled "Week #4 Choice of Workouts"
2. COMPLETE *Either* the attached Activity Log *OR* answer the questions on the attached google document titled "Activity Assessment"
3. Submit *Either* the attached Fitness Log *OR* the Workout Assessment

Due Date and Time for Activity: Friday, APRIL 17TH 11:00 AM

Notes:

BE SURE TO MAKE A COPY OF ANY DOCUMENTS PRIOR TO FILLING THEM IN.

ALL WORK TO BE TURNED IN WILL BE UNDERLINED AND IN RED IN THE "STUDENT STEPS" SECTION ABOVE.

We worked hard to ensure that the Learning Plan provides accessibility for all learners. We hope that you see that there are options to engage learners at all levels. *These activities are not intended to replace the normal school day.* **There is now an expectation for students to turn these documents in to your specific educators.** We want you to take time to enjoy family, be safe, stay healthy and find time within this week to engage in learning opportunities. Feel free to create a schedule that works for you and your family. We strongly encourage each student to participate in approximately two hours a day. We want your brain working and challenging yourself, while staying safe and having fun.

Week #4 Learning Plan - Choice of Workouts

Below you will find enrichment activities that will help to keep your body active over the next week. We also encourage you to take some time everyday to get 30-60 minutes of physical activity. Below are workouts you can try on your own at home. You also have the option of going outside and taking a walk around your neighborhood (while keeping the appropriate 6 ft social distancing) or going out in your yard to move around and doing some sort of activity (i.e. soccer, lacrosse, baseball or even helping your parents with yard work!) These resources also provide you with helpful tools to keep you in good health during this time. You may click on the workout highlighted in blue in order to bring yourself to the link to open it up.

10 Beginner Workouts That You Can Do at Home for Free

Starting into a workout routine can be very intimidating. There are so many things to consider, and you want to be sure that your time spent exercising is maximally beneficial. Here's a list of 10 beginner friendly workouts, plus a quick rundown on how to get yourself off on the right foot. PS If you need more help putting an effective program together, we also have a [4 Week Program for Beginners!](#)

1 [Low Impact Beginner Cardio Workout - Feel Good Recovery Cardio](#) - The moves in this 26 minute workout are all low impact and easily modified to be easier or more difficult. It uses exercises that build range of motion, cardio endurance, coordination, control of your own body and flexibility. It's also a great starting point for burning fat and building cardiovascular endurance.

2 [Low Impact Cardio and Abs Workout](#) As you can tell by the many low impact routines on this list, they are a great place to start when you're new to exercising, and they give your body a chance to adapt and get ready for more intense training. This is a core and cardio combo that helps you build a strong base while working up a sweat (with no jumping at all).

3 [27 Minute Butt, Thigh, and Abs Pilates Workout](#) Pilates workouts like this one are a great way for beginners to improve core strength and to start to build a mind body connection, which are both imperative to being able to safely push yourself during harder workouts. Need an easier Pilates routine? [Try this one.](#)

4 [Low Impact Cardio Workout for Beginners - Recovery Cardio Workout with no Jumping](#) - This is one of my favorite low impact routines. Even though I love HIIT & strength, I love doing this workout on days where I don't feel up to something more brutal. It focuses on range of motion and gentle cardio that makes you feel wonderful. Warm up and cool down are both included. Want to start with something shorter? Try this [10 minute cardio routine.](#)

5 [No Equipment Upper Body Workout with Warm Up and Cool Down](#) - Using only bodyweight, this antagonistic routine is a great way to learn how to engage your muscles and perfect form before you start to add more weight. Honestly, it can be very difficult to anyone, as long as they're pushing themselves,

but because you're working against your own strength, the difficulty is scalable. Once you're comfortable with form, strength training is an excellent way to burn fat, build muscle, and get fit.

6 [Upper Body Strength & Cardio Interval Workout \(with Low Impact Mods\)](#) - Speaking of lifting, here's a great strength training workout that will help build muscle and boost your metabolism, even while resting. Adjust as you need to, always focusing on form.

7 [10 Minute Butt and Thigh Workout At Home - No Equipment](#) - These 10 minutes pack a punch, and are a great place to start to get comfortable with basic bodyweight exercises for the lower body. There is no [warm up](#) or [cool down](#) on this video; make sure you always do both for every workout session.

8 [At Home Cardio Workout to Burn Fat and Tone \(High & Low Impact Modifications\)](#) - Once you feel like you need more of a cardiovascular challenge, try our cardio workouts that show both low and high impact mods; do the harder version for as long as you can before switching to the easier version.

9 [Fitness Blender's 5 Day Challenge - Strong and Lean - Day 1](#) This week long challenge takes out all of the guesswork by laying out an entire week's worth of workouts. These workouts are intense, but both low impact and advanced modifications are shown.

10 [3 Day Flexibility Challenge Day 1: Fluid Full Body Stretches for Flexibility & Stress Relief](#) - Blow off stress, increase flexibility and range of motion with this gentle 3 day challenge that focuses on feeling good.

Tabata Workout

Tabata is a high-intensity interval training that consists of eight sets of fast-paced exercises each performed for 20 seconds interspersed with 10 seconds of rest in between.

It's a nice change of pace rather than a walk or a run and there are many ways that this workout can be changed to fit your workout personality. You can do this type of workout without equipment or if you have a few items such as weights around you can use those to help add resistance.

On the link below you will find a great workout for people just starting out. Click on the link below and give it a try.

[Tabata Workout for Beginners | Shape](#)

Here is another great Tabata workout that does not use equipment

[30-Minute Bodyweight Tabata Workout | ACTIVE](#)

1-Week Physical Activity Log

Use this activity log to track your physical activity minutes for 1 week.

| Day | Activity 1 | Activity 2 | Activity 3 | Total |
|--------------|----------------------------|------------------------------|--|--------------|
| Sample Day | Active Outside 30 mins. | Walk with Family 15 mins. | Dance Challenge (Tik Tok??) 15 mins. | 60 minutes |
| Day 1 | | | | |
| Day 2 | | | | |
| Day 3 | | | | |
| Day 4 | | | | |
| Day 5 | | | | |
| Day 6 | | | | |
| Day 7 | | | | |

Activity Assessment

Physical Education Remote Learning

Name:

Class:

Period:

We encourage you to take some time everyday to get 30-60 minutes of physical activity. In the previous weeks we sent you many resources to help you with this task such as great workout ideas from the fitness blender website along with some Tabata workouts to try too. We hope many of you are able to get out and get fresh air daily and are continuing to be safe. Now we are asking for some feedback to see how you have been doing with this task. Please answer the following questions.

1. Have you actually been able to get 30-60 minutes of daily exercise most days of the week?

2. What particular exercises have you been doing?

3. Where did you get these ideas? Your own? A particular website?

4. How long are your workouts? Are you doing them at one time or splitting up your workout?

5. What time of the day have you been working out and why?

