

10th Grade Physical Education:

April 14 – April 16

Time Allotment: 30 minutes per day

Student Name: _____

Teacher Name: *Ms. Carstens*

Packet Overview

Date	Objective(s)	Page #
Tuesday, April 14	1. Demonstrate proper form while performing a whole-body workout. 2. Identify reasons sleep is necessary for the body.	2
Wednesday, April 15	1. Demonstrate proper form while performing an arm workout. 2. Identify ways to attain enough and proper sleep.	7
Thursday, April 16	1. Demonstrate proper form while performing a continuous movement workout. 2. Identify key factors in getting proper and sufficient sleep.	11

Additional Notes: Here are some reminders from last week!

- **Each day will have a fitness portion of the lesson AND an enrichment portion.**
- Have a **watch, clock, or timer** available!
- **Read through all of the day’s lesson and instructions BEFORE you begin.**
- As you prepare for your lesson each day, be sure to:
 - ✓ Make certain **your workout space is safe and has room enough to perform the exercises.** You may do your workout outside!
 - ✓ **Stay hydrated** by drinking water before, during, and after your workout.
 - ✓ **Use sunscreen,** if you plan to do your workout outside!
- **If you’re unsure of a movement or task or need modifications, email me!**
- **After each lesson, you and your parent/guardian will initial Academic Integrity statements.**
- **Continue tracking your goals and progress.**

This week you will have a minor assessment project. See Tuesday’s Enrichment section for more details. If you have questions, email me! Kelly.Carstens@GreatHeartsNorthernOaks.org

Academic Honesty

I certify that I completed this assignment independently in accordance with the GHNO Academy Honor Code.

Student signature:

I certify that my student completed this assignment independently in accordance with the GHNO Academy Honor Code.

Parent signature:

I. Tuesday, April 14

Daily Fitness Lesson: The Body as a Whole!

Reflection: Key Principles of Sleep for Teens

Socratic Guiding Questions: Keep this in mind as you study!

Why is proper sleep necessary?

Objectives: Be able to do this by the end of this lesson.

1. Demonstrate proper form while performing a whole-body workout.
2. Identify reasons sleep is necessary for the body.

Lesson Introduction:

“Even a soul submerged in sleep is hard at work and helps make something of the world.” — Heraclitus

Today, we will perform a whole-body workout in which the goal is to keep moving! In addition to exercising our body, we will exercise our minds by exploring the necessities of sleep. Maintaining activity and proper rest is key to a healthy mind, body, and soul.

In our daily fitness lesson, **you will be performing a sequence of 5 exercises for 2 minutes each (5 seconds or less to transition to the next movement). You will complete 1 round of this sequence, totaling 10 minutes.** If you need to rest, take no more than about 10-15 seconds at a time, and then move right back into the workout. Remember to breathe, use controlled movements, and focus on proper form. **At the end of the workout, take your pulse and record it in the Daily Activity Log.**

REMINDER: Read through the fitness lesson FIRST before attempting it. This will help you determine what modifications, if any, you will need to make for yourself. **If you make modifications for any movements, please record that in the Daily Activity Log section above the Academic Integrity statements.** If you need to modify an exercise outside of certain modifications we covered in class, email me and I will work with you to come up with a plan!

PART 1: DAILY FITNESS:

Warm-Up (4 minutes):

- ✓ Jog in place (30 seconds) – *Note: This is a jog, not an all-out sprint in place!*
- ✓ Skip in place (30 seconds) – *Remember to swing your arms!*
- ✓ Flamingos in place (15 seconds as a stretch for each leg, 15 seconds up-tempo)
- ✓ High Knees in place (15 seconds as a stretch for each leg, 15 seconds up-tempo)
- ✓ Ankle Scoops (30 seconds) – *Step with heel of right foot, right toes pointing up, bend down and pretend you are scooping a basket up off of your foot. Step back to original position. Repeat, stepping with the left foot. Alternate feet!*
- ✓ Zombie Walks in place (30 seconds) – *Remember alternate hands and feet!*
- ✓ Jumping Jacks (15 jacks) – *Arms all the way up as you jump! Use good form!*

Workout Sequence:

- **Walking Lunges (2 minutes)** – *Perform continuous lunges, with each step leading into a lunge.*
- **Jumping Jacks (2 minutes)** – *Extend fully!*
- **Ab Crunches (2 minutes)** – *Crunches are NOT full sit-ups. Cross your arms over your chest, raise your knees and feet off the ground at a 90-degree angle. Tighten your core and roll your torso up to meet your knees.*
- **Burpees (2 minutes)** – *Remember, when getting to the floor, you DO NOT have to do a controlled push-up. These movements are about be quick and raising your cardio level.*
- **Jogging (2 minutes)** – *(can be jogging in place) Keep a steady pace and try not to stop in the last two minutes of this workout!*

✓ **TARGET HEART RATE CHECK!** After completing the workout, take your pulse for 1 minute. Record your heart rate in the Daily Activity Log below.

Cool Down (3 minutes)

For your cool down, remember to keep moving!

- Walking – *easy pace!* While you walk, incorporate the Flamingo Walk and High Knees to help stretch your legs and torso twists to stretch your core and arms!

Daily Activity Log	
<p>Post-Workout Heart Rate: _____</p> <p>In your Target Heart Rate zone? Yes / No</p>	<p>Notes (modifications, struggles, etc.):</p>

Academic Integrity

I certify that I completed today’s physical fitness portion of this lesson in its entirety to the best of my ability.

Student initials:

I certify that my student completed today’s physical fitness portion of this lesson in its entirety to the best of his/her ability.

Parent initials:

PART 2: ENRICHMENT

Read and annotate the article found on pgs. 5-6. Answer the questions below.

1. What is the *circadian rhythm*? What happens to this rhythm during the teenage years?

2. Identify two indicators that may suggest a teenager isn't getting proper sleep.

3. How might getting enough sleep help to make you your best self? Identify two things you can do to help you sleep properly.

As a minor assessment this week, you will be creating an informational mini-poster, called an *infographic*, on the topic of better sleep for teenagers. Using the articles you read this week, you will create an infographic that includes the following information and meets the following requirements:

- ✓ Recommended amount of sleep for teenagers
- ✓ At least 3 reasons why some teenagers struggle with proper sleep (One of your reasons should discuss the circadian rhythm.)
- ✓ At least 3 signs a teenager may not be getting sufficient sleep
- ✓ At least 3 suggestions for teens to help them get the proper amount and quality of sleep
- ✓ Organized layout and presentation
- ✓ At least 2 topic-related, neatly drawn, colored graphics (pictures)

Your poster must be completed by Thursday. I have provided a blank page in this packet on p.13 to create the poster. On p. 14, you will find your rubric for this project, and on p. 15, I have provided an example of an infographic.

How Much Sleep Do I Need?

 kidshealth.org/en/teens/how-much-sleep.html

Most teens need about 8 to 10 hours of sleep each night. Getting the right amount of sleep is important for anyone who wants to do well on a test or play their best in sports. Unfortunately, many teens don't get enough sleep.

Why Don't Teens Get Enough Sleep?

Teens often get a bad rap for staying up late, oversleeping for school, and falling asleep in class. But teen sleep patterns are different from those of adults or younger kids.

During the teen years, the body's circadian rhythm (an internal biological clock) is reset, telling a person to fall asleep later and wake up later. This change is likely due to the brain hormone melatonin, which is released later at night for teens than it is for kids and adults. This can make it harder for teens to fall asleep early.

Changes in the body's circadian rhythm coincide with a busy time in life. For most teens, the pressure to do well in school is more intense and it's harder to get by without studying hard. And teens have other time demands — everything from sports and other extracurricular activities to working a part-time job. Using electronics — including phones, tablets, and computers — also makes it hard to fall sleep. Many teens are up late texting friends, playing games, and watching videos.

Early school start times also play a role in lost sleep. Teens who fall asleep after midnight still have to get up early for school, meaning that they might squeeze in only 6 or 7 hours, or less, of sleep a night. A few hours of missed sleep a night may not seem like a big deal, but it can create a noticeable sleep deficit over time.

Why Is Sleep Important?

Sleep is important for you to be at your best. Teens need sleep to:

- pay attention and learn in school
- improve athletic performance
- grow and develop normally
- be healthy

Lost sleep can lead to poor grades, relationship problems, and drowsy driving. Falling asleep while driving can cause serious car accidents.

People with ongoing sleep deficits can have:

- health problems, like heart disease and obesity
- trouble fighting infections
- emotional problems, like depression

Am I Getting Enough Sleep?

Even if you think you're getting enough sleep, you might not be. You may need more sleep if you:

- have a hard to wake up in the morning
- have trouble concentrating
- are falling asleep during classes
- feel irritable, moody, sad, or depressed

How Can I Get More Sleep?

Here are some things that may help you to sleep better:

Set regular bed and wake up times. Try to stick to your sleep schedule, within an hour or two, even on weekends.

Exercise regularly. Regular exercise can help you sleep better. Try not to exercise right before bed, though. Exercise can rev you up and make it harder to fall asleep.

Avoid caffeine. Don't drink beverages with caffeine, such as soda, tea, and coffee, after dinner. Nicotine (smoking and vaping) and alcohol in the evening can make a person restless and interrupt sleep.

Unwind by keeping the lights low. Light signals the brain that it's time to wake up. Staying away from bright lights (including device screens), listening to soothing music, or meditating before bed can help your body relax.

Turn off electronics. Don't use your phone (including texting), tablets, computer, or TV at least 1 hour before you go to bed.

Don't nap too much. Naps of more than 30 minutes during the day and naps too close to bedtime may keep you from falling asleep later.

Create the right sleeping environment. People sleep best in a dark room that is slightly on the cool side. Use a nature sounds or white-noise machine (or app) if you need to block out a noisy environment.

Reviewed by: Mary L. Gavin, MD

Date reviewed: February 2019

Source:

“How Much Sleep Do I Need? (For Teens) - Nemours KidsHealth.” *Kidshealth.Org*, 2019,

kidshealth.org/en/teens/how-much-sleep.html. Accessed 7 Apr. 2020.

II. Wednesday, April 8

Daily Fitness Lesson: Down to the Core!

Reflection: Tips for Better Sleep; Infographic Project

Lesson 2 Socratic Guiding Question: Keep this question in mind as you study!

How can I achieve proper sleep?

Objectives: Be able to do this by the end of this lesson.

1. Demonstrate proper form while performing an arm workout.
2. Identify ways to attain enough and proper sleep.

Introduction:

In Lesson 2, you will complete a daily fitness workout focusing on the muscle groups of the arms. In our reflection piece for the day, we will explore ways to help you achieve proper sleep—both quality AND quantity!

Read through the fitness lesson FIRST before attempting it. If you make modifications for any movements, please record that in the Fitness Notes section above the Academic Integrity statements. If you need to modify an exercise outside of certain modifications we covered in class, email me and I will work with you to come up with a plan!

PART 1: DAILY FITNESS:

Warm-Up (4 minutes)

- ✓ Jog in place (30 seconds) – *Note: This is a jog, not an all-out sprint in place!*
- ✓ Skip in place (30 seconds) – *Remember to swing your arms!*
- ✓ Flamingos in place (15 seconds as a stretch for each leg, 15 seconds up-tempo)
- ✓ High Knees in place (15 seconds as a stretch for each leg, 15 seconds up-tempo)
- ✓ Ankle Scoops (30 seconds) – *Step with heel of right foot, right toes pointing up, bend down and pretend you are scooping a basket up off of your foot. Step back to original position. Repeat, stepping with the left foot. Alternate feet!*
- ✓ Zombie Walks in place (30 seconds) – *Remember alternate hands and feet!*
- ✓ Jumping Jacks (25 jacks) – *Arms all the way up as you jump! Use good form!*

Daily Fitness (12-15 minutes)

Today we will be focusing on a workout targeting the muscle groups in your arms. **You will be performing a sequence of 3 exercises and will complete 4 rounds of this sequence. Keep track of how long it takes you to complete the four rounds.** If you need to rest, take no more than about 10-15 seconds at a time, and then move right back into the workout. **Breathe properly, use controlled movements, and focus on proper form.**

Workout Sequence:

- **10 – Push-ups** – Remember your form—backs straight.
- **10 – Tricep Dips** – See images below for form. Be sure to use a sturdy chair, table, or bench. For a challenge, try extending your legs out straight in front of you, keeping them straight as you lower your body.



Photo Credit:
<https://standingdesktopper.com/wp-content/uploads/2018/09/Chair-Dips.jpg>

- **5 – Side-to-Side Planks** – In a push-up position, shift your weight and twist your body to rest on your right hand and arm, extending the left straight up into the air. Twist back to both hands holding the body up. Shift your weight and twist your body to rest on your left hand and arm, extending the right arm straight up into the air. Return to push-up position. This series counts as one repetition. Repeat four times. (See image below.)



Photo Credit:
<https://tone-and-tighten.com/wp-content/uploads/2015/01/rolling-T.jpeg>

- ✓ **TARGET HEART RATE CHECK!** After completing the workout, take your pulse for 1 minute. Record your heart rate in the Daily Activity Log below.

Cool Down (2 minutes)

For your cool down, remember to keep moving!

- Skips (30 seconds) – Swing your arms fully!
- Helicopter twists (30 seconds) – Standing, place your arms out to your sides and twist to the left, return to center, then twist to the right. Be sure not to do this quickly.
- Arm Circles (1 minute) – Start with small circles forward, moving into larger circles for 30 seconds. Repeat with backward circles.

Daily Activity Log	
Post-Workout Heart Rate: _____	Notes (modifications, struggles, etc.):
In your Target Heart Rate zone? Yes / No	

Academic Integrity

I certify that I completed today’s physical fitness portion of this lesson in its entirety to the best of my ability.

Student initials:

I certify that my student completed today’s physical fitness portion of this lesson in its entirety to the best of his/her ability.

Parent initials:

PART 2: ENRICHMENT

Read and annotate the article found on p. 10. Complete the following.

1. Identify *at least TWO* action items that you will strive to do each night to get the proper amount and/or a more restful sleep. Make these a part of your daily routine!

I will... _____
_____.

I will... _____
_____.

Use the remainder of your Enrichment time to work on your infographic!

5 Ideas for Better Sleep

 kidshealth.org/en/teens/tips-sleep.html

Most teens need 8 to 10 hours of sleep each night. But many teens have trouble sleeping. Lack of sleep can affect everything from our emotions to how well we focus on tasks like driving. It can affect sports performance, increase our chances of getting sick, and may be linked to weight gain in some people.

How can we get the sleep we need? Here are some ideas:

1. **Be active during the day.** You've probably noticed how much running around little kids do — and how soundly they sleep. Take a tip from a toddler and get at least 60 minutes of exercise a day. Physical activity can decrease stress and help people feel more relaxed. Just don't work out too close to bedtime because exercise can wake you up before it slows you down.
2. **Avoid alcohol and drugs.** Lots of people think that alcohol or drugs will make them relaxed and drowsy, but that's not the case. Drugs and alcohol disrupt sleep, increasing a person's chance of waking up in the middle of the night.
3. **Say goodnight to electronics.** Experts recommend using the bedroom for sleep only. If you can't make your bedroom a tech-free zone, at least shut everything down an hour or more before lights out. Nothing says, "Wake up, something's going on!" like the buzz of a text or the ping of an IM.
4. **Keep a sleep routine.** Going to bed at the same time every night helps the body expect sleep. Creating a set bedtime routine can enhance this relaxation effect. So unwind every night by reading, listening to music, spending time with a pet, writing in a journal, playing Sudoku, or doing anything else that relaxes you.
5. **Expect a good night's sleep.** Stress can trigger insomnia, so the more you agonize about not sleeping, the greater the risk you'll lie awake staring at the ceiling. Instead of worrying that you won't sleep, remind yourself that you can. Say, "Tonight, I will sleep well" several times during the day. It can also help to practice breathing exercises or gentle yoga poses before bed.

Everyone has a sleepless night once in a while. But if you regularly have trouble sleeping and you think it's affecting your mood or performance, talk to your doctor.

Reviewed by: Mary L. Gavin, MD

Date reviewed: October 2016

Source:

“5 Ideas for Better Sleep (for Teens) - Nemours KidsHealth.” *Kidshealth.Org*, 2016, kidshealth.org/en/teens/tips-sleep.html. Accessed 7 Apr. 2020.

III. Thursday, April 10

Fitness Lesson: Movement is the Key!

Enrichment: Goal Reflection and Heart Rate Observations

Socratic Guiding Questions: Keep this in mind as you study!

How might sleep be affecting my day?

Objectives: Be able to do this by the end of this lesson.

1. Demonstrate proper form while performing a continuous movement workout.
2. Identify key factors in getting proper and sufficient sleep.

Lesson Introduction:

Today's workout will be a continuous workout. **You will be continuously moving for at least 10 minutes.** Choose exercises that can be done with little to no transition. You will need to set a timer for yourself, and keep track of the exercises you do. You will record those in the Daily Activity Log at the end of the workout. Remember to **breathe properly, use controlled movements, and focus on proper form.**

PART 1: DAILY FITNESS:**Warm-Up (4 minutes):**

- ✓ Jog in place (30 seconds) – *Note: This is a jog, not an all-out sprint in place!*
- ✓ Skip in place (30 seconds) – *Remember to swing your arms!*
- ✓ Flamingos in place (15 seconds as a stretch for each leg, 15 seconds up-tempo)
- ✓ High Knees in place (15 seconds as a stretch for each leg, 15 seconds up-tempo)
- ✓ Ankle Scoops (30 seconds) – *Step with heel of right foot, right toes pointing up, bend down and pretend you are scooping a basket up off of your foot. Step back to original position. Repeat, stepping with the left foot. Alternate feet!*
- ✓ Zombie Walks in place (30 seconds) – *Remember alternate hands and feet!*
- ✓ Jumping Jacks (10 jacks) – *Arms all the way up as you jump! Use good form!*

Workout Sequence:

- **Continuous Movement (10 minutes)** – *Keep track of the movements you do and record them in the Daily Activity Log after the workout. Be creative, but keep moving!*

Some exercise suggestions:

- | | | |
|------------------|-------------------|------------------------|
| ▪ Step-ups | ▪ Jogging/Running | ▪ Side-to-side shuffle |
| ▪ Jumping squats | ▪ Push-ups | ▪ Line jumps |
| ▪ Burpees | ▪ Max jumps | ▪ Fast feet |
| ▪ Jumping Jacks | ▪ Sit-ups | ▪ Squats |
| ▪ Skips | ▪ Carioca | ▪ Dips |
- ✓ **TARGET HEART RATE CHECK!** After completing the workout, take your pulse for 1 minute. Record your heart rate in the Daily Activity Log below.

Cool Down (2 minutes)

- Walking – *easy pace!*

Daily Activity Log	
Post-Workout Heart Rate: _____	Notes (exercises you completed):
In your Target Heart Rate zone? Yes / No	

Academic Integrity

I certify that I completed today’s physical fitness portion of this lesson in its entirety to the best of my ability.

Student initials:

I certify that my student completed today’s physical fitness portion of this lesson in its entirety to the best of his/her ability.

Parent initials:

PART 2: ENRICHMENT

Complete the Weekly Goal Check below. Then use the remainder of the time to complete your infographic.

✓ ***Weekly Goal Check:*** Reflect on the following.

Did you meet your target heart rate during each of the workouts this week? Explain.

List ***at least one*** effort you have made to accomplish the goal you set regarding stretching.

Sleep Infographic Rubric – PE (Spring 2020)

Name: _____

Category	4	3	2	1	Your score
Main Idea (8 points)	The topic and messages of the infographic are clear and easily understood.	Topic and main ideas are clear.	Topic is given but main ideas are unclear or lacking.	Topic and/or main ideas are absent or very unclear.	
Details (4 points)	Details (including labels) support the main idea without distracting with clutter.	Detail is added to support each main idea with minimal clutter.	More is needed for understanding. Some are distracting.	Very little detail is provided for the main ideas and understanding is limited.	
Content - Accuracy (3 points)		3 accurate concepts are displayed.	2 accurate concepts are displayed.	One accurate concept is displayed.	
Graphics – Relevance (4 points)	The graphics used represent information appropriately.	Most graphics represent the information appropriately.	All graphics relate to the topic but do not represent appropriately.	Graphics do not relate to the topic.	
Graphics – Visual (4 points)	Color, shape, size, and arrangement of graphics contribute meaning to the overall message.	Color, shape, size, and arrangement are eye catching and contribute some meaning.	Color, shape, size, and arrangement are present but do not add to the information.	Color, shape, size, and arrangement are distracting or misleading.	
Design/Layout (4 points)	The design/layout is neat, clear, and visually appealing.	Is attractive in terms of design, layout and neatness.	Is acceptably attractive though it may be a bit messy.	Is distractingly messy, unattractive, or very poorly designed.	
Mechanics/. Grammar (3 points)		Capitalization and punctuation are correct throughout. There are no grammatical mistakes.	There are 1-3 errors in capitalization or punctuation AND/OR There are 1-3 grammatical mistakes.	More than 3 errors in capitalization or punctuation AND/OR There are more than 3 grammatical mistakes.	
				Total _____/30	

Infographic Example:

Health Benefits of **EXERCISE** For Children & Teenagers





Raised heart rate to 170 bpm
40-60 mins, 3-4x per week =
5-10% improvement in
aerobic fitness in 8-12 weeks.



Resistance training
2 or 3x per week
improves **muscle strength**
and endurance.



Every 15 mins of exercise
improves **academic performance**
by an average of about a
quarter of a grade.



30 minutes of **cardio** exercise
per day boosts **confidence**,
reduces **stress** and **anxiety**.



Exercise between the ages of **11-18**
increases **bone density**, particularly
in the spine and hip.



30 minutes on the treadmill
boosts **problem solving**
by up to 10%

REGULAR PHYSICAL ACTIVITY



Helps build and maintain healthy
bones, muscles and joints



Helps reduce the risk of developing
obesity and chronic diseases



Helps to achieve and maintain
a healthy body weight.



Improves the quantity
and quality of sleep



Greater self-esteem and
better self-image



Improves coordination
and motor skills

Sources

<http://www.fsem.ac.uk/news/position-statements/physical-activity-in-adolescence.aspx>
<http://www.bbc.co.uk/news/uk-scotland-24608813>
<http://www.jazzercise.com/Community/Blog/January-2017/Coach-Keisha-on-Five-Mind-Blowing-Benefits-of-Exercise-for-Teens>
<https://www.icfbonehealth.org/news/study-shows-regular-exercise-during-adolescence-benefits-bone-development>
<http://www.kum.on.ca.uk/blog/physical-exercise-benefits-for-children/>
<https://www.cdc.gov/healthyschools/physicalactivity/facts.htm>
https://www.aacrfitness.org/updates/updates_date_display.aspx?pageno=638
<https://goodhabitsforlife.act.gov.au/kids-at-play/benefits-regular-physical-activity>
 Some graphics made by Freepik from www.freepik.com and www.flaticon.com



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