

10th Grade Physical Education:

May 4 – May 8

Time Allotment: 30 minutes per day

Student Name: _____

Teacher Name: *Ms. Carstens*

Packet Overview

Date	Objective(s)	Page #
Tuesday, May 5	1. Design and perform a whole-body workout. 2. Participate in 10 minutes of activity for enjoyment.	3
Wednesday, May 6	1. Design and perform a leg workout. 2. Participate in 10 minutes of activity for enjoyment.	5
Thursday, May 7	1. Design and perform a core OR arm workout. 2. Participate in 10 minutes of activity for enjoyment. 3. Goal Progress Check.	7

Additional Notes: Hi y'all! I miss having class with you all! Wishing you well and keep up the great work!

This week there will be a bit of a **change in the format of your workout notes and reflections**. **You will record your notes and reflections on the last two pages of the packet instead of at the end of each day's lesson.** This is to streamline the uploading process. **On pp. 9-10 (the last two pages), you'll find your Daily Activity Logs and reflection questions.** They will be labeled for each day.

Below are some routine weekly reminders.

- **Read through all of the day's lesson and instructions BEFORE you begin.**
- Have a **timer/stopwatch/clock** available!
- If you're **unsure of a movement or task or need modifications, email me!**
- **Stay hydrated!**
- **Track your goals!** Don't forget to hold yourself to high standards!

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:

Unit Introduction:

This week's unit is going to put you at the helm of your fitness journey. Each day, you will **design your own workout (between 12-15 minutes)**. In addition to the planned workout, **you will participate in an additional 10 minutes of activity for enjoyment**. The **activities for enjoyment have 3 goals:**

- 1) Reach an elevated heart rate.
- 2) Continuously move (no stoppage).
- 3) Do something you enjoy! *Some examples might include playing frisbee, taking a brisk walk, dancing, riding your bike, or shooting hoops.*

While it is recommended for teenagers to get at least 60 minutes of activity each day, researchers say even 30 minutes, three to five days a week, can significantly improve cardiovascular health, muscle tone, metabolism, and even emotional health such as mood and stress levels. That's our goal for this week—at least three 30-minute days of activity.

****Each day this week will look something like this:**

- **During your class workout time:**
 - Design and record your workout sequence for the day (1-2 min.)
 - Warm-up (3 minutes), Workout (12-15 minutes), Cool Down (2 minutes)
 - Record your heart rate and write observations in the Daily Fitness Log. Then, complete the Enrichment section—both found on the last two pages of this packet (2-3 minutes)
- **Outside of classwork during the day:**
 - 10 minutes of continuous movement for fun
 - Record your activity in the Daily Fitness Log on the last pages of this packet

Planning Your Workout:

Consider using one of the following routines to help you plan your workout:

- *Circuit routine* – one exercise followed by another until time is reached
- *Rounds routine* – a series of reps of each exercise, performed several times
- *Timed routine* – perform reps of an exercise for a specific amount of time before moving to the next movement (can be performed as a circuit, or rounds of exercises)

Exercises to choose from:

<i>Whole-Body Exercises</i>	<i>Leg Exercises</i>	<i>Core Exercises</i>	<i>Arm/Shoulder Exercises</i>
Burpees	Lunges	Sit-ups	Push-ups
Mountain Climbers	Step-ups	Leg raises	Arm dips
Carioca	Line jumps	Crunches	Push-up Planks
Skips	Max jumps	Bicycles	Side Planks
	Jumping Jacks	Planks	Jumping Jacks
	Jumping Squats	Superman	
	Squats		

****NOTE:** *Feel free to add additional movements but be sure it's rigorous and appropriately targets the goals for the day!*

I. Tuesday, May 5

Daily Fitness Lesson: Plan Your Workout (Day 1)

Reflection: Fitness Design and Sequence

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

What exercises target different muscle groups? How do I plan and pace a workout?

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

1. Design a 12-15-minute whole-body workout and perform it.
2. Participate in 10 minutes of activity for enjoyment.

Lesson Introduction:

Today’s lesson will have you designing your own whole-body workout. This means that you should target your core, your arms, and your legs with your movements. Be sure not to overload any one area of the body. You will need a timer to record your time for your workout. Between 12 and 15 minutes is our goal! Choose AT LEAST THREE movements from p. 2 for your workout. Push yourself but remember our previous lessons—strive for your target heart rate and self-assess during the workout; keep your breathing under control; and stay hydrated.

Choose your exercises for today, following these guidelines:

1. You must have at least one movement that exercises the arms or shoulders.
2. You must have at least one movement that targets the core or abdominal area.
3. You must have at least one movement that exercises your legs.

Record your workout plan below.

My Workout Plan:

Type of Routine I chose: _____ Estimated amount of time _____

Workout Sequence (with amount of time and/or reps):

PART 1: DAILY FITNESS:

Warm-Up (3 minutes):

- ✓ Jog in place (30 seconds)
- ✓ Skip in place (30 seconds)
- ✓ 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 (15 seconds)
- ✓ Zombie Walks in place (15 seconds)
- ✓ Jumping Jacks (10 jacks)

Workout: Perform your workout sequence. **Record your total time.**

- ✓ **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!

- Flamingo walk (30 seconds), High Knees walk (30 seconds), Superman (15-30 seconds), Arm Circles (30 seconds) – *small circles gradually building to large circles*

II. Wednesday, May 6

Daily Fitness Lesson: Plan Your Workout (Day 2)

Reflection: Exercising for Enjoyment

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

What exercises build leg strength and endurance?

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

1. Design a 12-15-minute whole-body workout and perform it.
2. Participate in 10 minutes of activity for enjoyment.

Introduction:

Today’s lesson will have you designing your own leg workout. This means that you should target your legs with your movements. You will need a timer to record your time for your workout. Between 12 and 15 minutes is our goal! Choose **AT LEAST THREE** movements from p. 2 for your workout. Push yourself but remember our previous lessons—strive for your target heart rate and self-assess during the workout; keep your breathing under control; and stay hydrated.

Choose your exercises for today, following these guidelines:

1. You must have at least one movement that incorporates jumping.
2. You must have at least one movement that involves balance.
3. You must have at least one movement that promotes cardiovascular endurance.

Record your workout plan below.

My Workout Plan:

Type of Routine I chose: _____ Estimated amount of time _____

Workout Sequence (with amount of time and/or reps):

PART 1: DAILY FITNESS:

Warm-Up (3 minutes):

- ✓ Jog in place (30 seconds)
- ✓ Skip in place (30 seconds)
- ✓ 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 (15 seconds)
- ✓ Zombie Walks in place (15 seconds)
- ✓ Jumping Jacks (10 jacks)

Workout: Perform your workout sequence. **Record your workout time.**

- ✓ **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!

- Flamingo walk (30 seconds), High Knees walk (30 seconds), Ankle Scoops (15-30 seconds)
- Walking – *easy pace!*

III. Thursday, May 7

Fitness Lesson: Plan Your Workout (Day 3)

Enrichment: Weekly Goal Check

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

What exercises target my abdominal core area OR my arms and shoulders

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

1. Design a 12-15-minute core OR arm workout and perform it.
2. Participate in 10 minutes of activity for enjoyment.

Lesson Introduction:

Today’s lesson will have you designing your own core OR arm/shoulder workout. Choose one specific group to focus on today. You will need a timer to record your time for your workout. Between 12 and 15 minutes is our goal! Choose AT LEAST THREE movements from p. 2 for your workout. Push yourself but remember our previous lessons—strive for your target heart rate and self-assess during the workout; keep your breathing under control; and stay hydrated.

Choose your exercises for today, following these guidelines:

1. You must have at least two movement that target your core muscles OR your arms/shoulders.
3. You must have at least one movement that promotes cardiovascular endurance.

Record your workout plan below.

My Workout Plan:

Type of Routine I chose: _____ Estimated amount of time _____

Workout Sequence (with amount of time and/or reps):

PART 1: DAILY FITNESS:

Warm-Up (3 minutes):

- ✓ Jog in place (30 seconds)
- ✓ Skip in place (30 seconds)
- ✓ 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 (15 seconds)
- ✓ Zombie Walks in place (15 seconds)
- ✓ Jumping Jacks (10 jacks)

Workout: Perform your workout sequence. **Record your workout time.**

- ✓ **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!

- Flamingo walk (30 seconds), High Knees walk (30 seconds), Ankle Scoops (15-30 seconds)
- Walking – *easy pace!*

Daily Activity Logs and Reflections

Tuesday:

Daily Activity Log	
Post-Workout Heart Rate: _____ In your Target Heart Rate zone? Yes / No	Total Time of Workout: _____ Notes (modifications, struggles, etc.):
For my 10 minutes of activity for enjoyment, I...	

PART 2: ENRICHMENT REFLECTIONS

Answer the questions below.

1. Was it difficult to plan your own workout? Explain.

2. What benefit(s) might you experience from planning your own workout?

Wednesday:

Daily Activity Log	
Post-Workout Heart Rate: _____ In your Target Heart Rate zone? Yes / No	Total Time of Workout: _____ Notes (modifications, struggles, etc.):
For my 10 minutes of activity for enjoyment, I...	

PART 2: ENRICHMENT REFLECTIONS

Answer the questions below.

1. What does a person gain from participating in activities he or she enjoys? Explain.

Thursday:

Daily Activity Log	
Post-Workout Heart Rate: _____ In your Target Heart Rate zone? Yes / No	Total Time of Workout: _____ Notes (modifications, struggles, etc.):
For my 10 minutes of activity for enjoyment, I...	

✓ ***Weekly Goal Check***

Recall your goals from our first two weeks together and reflect on the following:

- How are they progressing?
- What steps have you taken in trying to achieve them?
- What obstacles have you encountered?
- What can you do in the remaining part of the semester to achieve them?
