

10th Grade Physical Education:

May 11 – May 15

Time Allotment: 30 minutes per day

Student Name: _____

Teacher Name: *Ms. Carstens*

Packet Overview

Date	Objective(s)	Page #
Tuesday, May 12	1. Perform a whole-body workout with correct form. 2. Describe the benefits of eating fruits and vegetables.	2
Wednesday, May 13	1. Perform a whole-body workout with correct form. 2. Describe the benefits of eating grains.	5
Thursday, May 14	1. Perform a cardio workout. 2. Describe the benefits of eating protein and dairy. 3. Goal Progress Check.	7

Additional Notes: Hi everyone! Hope you all are well! This week we're going to keep the layout of our packet as it was last week, with the Daily Activity Logs and Enrichment responses at the end of the packet, pp. 11-13. Please be sure to record your workout notes and answers on those pages. Below are your routine weekly reminders.

- **Read through all of the day's lesson and instructions BEFORE you begin.**
- Have a **timer/stopwatch/clock** available!
- **Reach out** if you have questions! Kelly.Carstens@GreatHeartsNorthernOaks.org
- **Stay hydrated! Stay hydrated! Stay hydrated!**
- **Track your goals!** Don't forget to hold yourself to high standards!

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:

For the next two weeks, our enrichment focus will be nutrition. With summertime around the corner and our recent confinements to home life, it can be difficult to keep our healthy habits associated with nutrition consistent. These inconsistencies and changes in routine can lead to the development of some unhealthy habits, which can affect our sleep, stress levels, exercise performance, and overall mood!

With this in mind, this week, we will explore the different food groups and the benefits they provide the human body!

I. Tuesday, May 12

Daily Fitness Lesson: Whole-Body Workout

Enrichment Lesson: Fruits and Vegetables

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

What impact does eating fruits and vegetables have on the body?

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

1. Perform a whole-body workout with correct form.
2. Describe the benefits of eating fruits and vegetables.

Lesson Introduction:

Today's workout will be a whole-body workout. You will be doing a sequence of 3 movements and will complete 4 rounds of the sequence. Record your total time for the workout and any notes in Tuesday's Daily Activity Log, p. 11. Don't forget to check your heart rate at the end of the 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. The enrichment lesson for the day explores the benefits eating fruits and vegetables, some sources of this food group, and recommendations for daily consumption.

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: 4 Rounds of...

- 5 – Arm Dips
- 10 – Bicycles
- 15 – Squats

- ✓ **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), Walking (30 seconds)

PART 2 – ENRICHMENT:

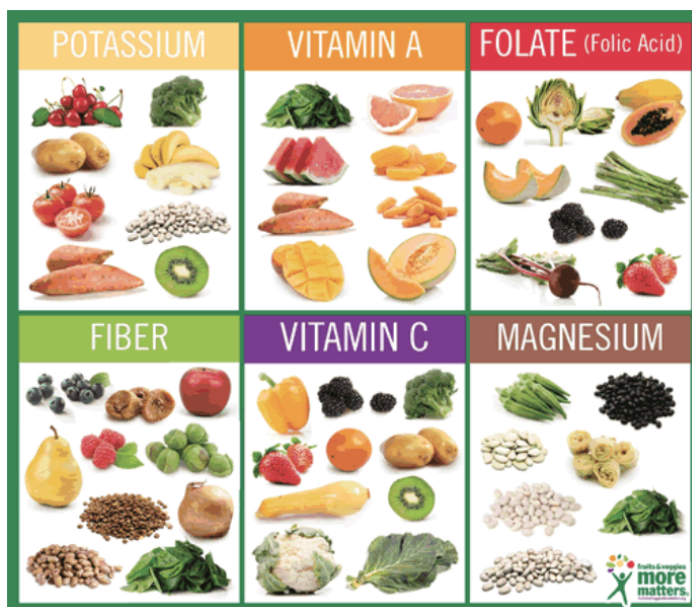
Read the article below and study the chart of fruits and vegetables. Then answer the questions found on Tuesday’s Daily Activity Log and Enrichment Response page.

Key Nutrients in Fruits & Vegetables

fruitsandveggies.org/stories/key-nutrients-that-protect

The Dietary Guidelines for Americans calls for all Americans to eat more nutrient-rich foods. **Fruits and vegetables can be great sources of the following important nutrients.**

- **Calcium:** Calcium is essential for **healthy bones and teeth**. It is also needed for normal functioning of muscles, nerves and some glands.
- **Fiber:** Diets rich in dietary fiber have been shown to have a number of beneficial effects, including **decreased risk of coronary heart disease**.
- **Folate:** Healthful diets with adequate folate may reduce a woman’s risk of having a child with a **brain or spinal cord defect**.
- **Iron:** Needed for **healthy blood and normal functioning of all cells**.
- **Magnesium:** Magnesium is necessary for **healthy bones** and is involved with more than **300 enzymes** in your body! Inadequate levels may result in muscle cramps and high blood pressure.
- **Potassium:** Diets rich in potassium may help to maintain a **healthy blood pressure**.
- **Sodium:** Needed for **normal cell function** throughout the body. Most diets contain too much sodium which is associated with high blood pressure.
- **Vitamin A:** Keeps **eyes and skin healthy** and helps **protect against infections**.
- **Vitamin C:** **Helps heal cuts and wounds** and keeps **teeth and gums healthy**.



Source:
 “Key Nutrients in Fruits & Vegetables - Have A Plant.” *Have A Plant*, 2019, fruitsandveggies.org/stories/key-nutrients-that-protect/. Accessed 5 May 2020

II. Wednesday, May 13

Daily Fitness Lesson: Whole-Body Workout

Enrichment Lesson: Grains

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

What grains are good and essential for the body?

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

1. Perform a whole-body workout with correct form.
2. Describe the benefits of eating grains.

Lesson Introduction:

Today will be another whole-body workout but will target some different muscles. You will be doing a sequence of 3 movements and will complete 4 rounds of the sequence. Record your total time for the workout and any notes in Wednesday's Daily Activity Log, p. 12. Don't forget to check your heart rate at the end of the workout!

Our enrichment portion of the lesson will explore the benefits of eating grains in moderation.

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: 4 Rounds of...

- **5 – Mountain Climbers** (right leg up, then left leg up = 1 rep)
 - **10 – Double Leg Raises**
 - **10 – Jumping Jacks**
- ✓ **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!

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

PART 2 – ENRICHMENT:

Read the article below (pp. 5-6). Then answer the questions found on Wednesday's Daily Activity Log and Enrichment Response page.

Nutrients and health benefits

 [choosemyplate.gov/eathealthy/grains/grains-nutrients-health](https://www.choosemyplate.gov/eathealthy/grains/grains-nutrients-health)

Why is it important to eat grains, especially whole grains?

Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies.

Nutrients

- Grains are important sources of many nutrients, including dietary fiber, several B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium, and selenium).
- Dietary fiber from whole grains or other foods, may help reduce blood cholesterol levels and may lower risk of heart disease, obesity, and type 2 diabetes. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as whole grains help provide a feeling of fullness with fewer calories.
- The B vitamins thiamin, riboflavin, and niacin play a key role in metabolism – they help the body release energy from protein, fat, and carbohydrates. B vitamins are also essential for a healthy nervous system. Many refined grains are enriched with these B vitamins.
- Folate (folic acid), another B vitamin, helps the body form red blood cells. Women of childbearing age who may become pregnant should consume adequate folate from foods, and in addition 400 mcg of synthetic folic acid from fortified foods or supplements. This reduces the risk of neural tube defects, spina bifida, and anencephaly during fetal development.
- Iron is used to carry oxygen in the blood. Many teenage girls and women in their childbearing years have iron-deficiency anemia. They should eat foods high in heme-iron (meats) or eat other iron containing foods along with foods rich in vitamin C, which can improve absorption of non-heme iron. Whole and enriched refined grain products are major sources of non-heme iron in American diets.
- Whole grains are sources of magnesium and selenium. Magnesium is a mineral used in building bones and releasing energy from muscles. Selenium protects cells from oxidation. It is also important for a healthy immune system.

Health benefits

- Consuming whole grains as part of a healthy diet may reduce the risk of heart disease.
- Consuming whole grain foods that contain fiber, as part of an overall healthy diet, can support healthy digestion.
- Eating whole grains, as part of an overall healthy diet, may help with weight management.

Source:

“Nutrients and Health Benefits | ChooseMyPlate.” *Choosemyplate.Gov*, 2020,

www.choosemyplate.gov/eathealthy/grains/grains-nutrients-health. Accessed 5 May 2020.

III. Thursday, May 7

Fitness Lesson: Cardio Workout

Enrichment Lesson: Proteins and Dairy

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

What are the benefits of eating proteins and dairy in moderation?

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

1. Perform a cardio workout.
2. Describe the benefits of eating protein and dairy.
3. Goal Progress Check.

Lesson Introduction:

Today's workout will focus on cardio endurance. Your goal is to reach your target heart rate! You will perform a round of 3 different movements for two minutes each. You will repeat this round two times, for a total of 12 minutes. Record your heart rate and any notes in Thursday's Daily Activity Log, p. 13.

Our enrichment portion of the lesson will explore the benefits of eating proteins and dairy.

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: 2 Rounds of...

- High Knees (in place or moving) – 2 minutes
 - Skips – 2 minutes
 - Burpees – 2 minutes
- ✓ **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!

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

PART 2 – ENRICHMENT:

Read the articles below (pp. 8-10). Then answer the questions found on Thursday's Daily Activity Log and Enrichment Response page.

Nutrients and health benefits

 choosemyplate.gov/eathealthy/protein-foods/protein-foods-nutrients-health

Why is it important to make lean or low-fat choices from the Protein Foods Group?

Foods in the meat, poultry, fish, eggs, nuts, and seed group provide nutrients that are vital for health and maintenance of your body. However, choosing foods from this group that are high in saturated fat and cholesterol may have health implications.

Nutrients

- Meat, poultry, fish, dry beans and peas, eggs, nuts, and seeds supply many nutrients. These include protein, B vitamins (niacin, thiamin, riboflavin, and B6), vitamin E, iron, zinc, and magnesium.
- Diets that are high in saturated fats raise “bad” cholesterol levels in the blood. The “bad” cholesterol is called LDL (low-density lipoprotein) cholesterol. High LDL cholesterol, in turn, increases the risk for coronary heart disease. Some food choices in this group are high in saturated fat. These include fatty cuts of beef, pork, and lamb; regular (75% to 85% lean) ground beef; regular sausages, hot dogs, and bacon; some luncheon meats such as regular bologna and salami; and some poultry such as duck. To help keep blood cholesterol levels healthy, limit the amount of these foods you eat.
- Diets that are high in cholesterol can raise LDL cholesterol levels in the blood. Cholesterol is only found in foods from animal sources. Some foods from this group are high in cholesterol. These include egg yolks (egg whites are cholesterol-free) and organ meats such as liver and giblets. To help keep blood cholesterol levels healthy, limit the amount of these foods you eat.
- A high intake of fats makes it difficult to avoid consuming more calories than are needed.

Health benefits

- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins. Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).

- Nutrients provided by various protein foods can differ. Varying your protein food choices can provide your body with a range of nutrients designed to keep your body functioning well. B vitamins help build tissue and aid in forming red blood cells. Iron can prevent anemia. Magnesium helps build bones and supports muscle function. Zinc can support your immune systems.
- EPA and DHA are omega-3 fatty acids found in varying amounts in seafood. Eating 8 ounces per week of seafood may help reduce the risk for heart disease.

Source:

“Nutrients and Health Benefits | ChooseMyPlate.” *Choosemyplate.Gov*, 2020,

www.choosemyplate.gov/eathealthy/protein-foods/protein-foods-nutrients-health.

Accessed 6 May 2020.

Nutrients and health benefits

 choosemyplate.gov/eathealthy/dairy/dairy-nutrients-health

Consuming dairy products provides health benefits — especially improved bone health. Foods in the Dairy Group provide nutrients that are vital for health and maintenance of your body. These nutrients include calcium, potassium, vitamin D, and protein.

Nutrients

- Calcium is used for building bones and teeth and in maintaining bone mass. Dairy products are the primary source of calcium in American diets. Diets that provide 3 cups or the equivalent of dairy products per day can improve bone mass.
- Diets rich in potassium may help to maintain healthy blood pressure. Dairy products, especially yogurt, fluid milk, and soymilk (soy beverage), provide potassium.
- Vitamin D functions in the body to maintain proper levels of calcium and phosphorous, thereby helping to build and maintain bones. Milk and soymilk (soy beverage) that are fortified with vitamin D are good sources of this nutrient. Other sources include vitamin D-fortified yogurt and vitamin D-fortified ready-to-eat breakfast cereals.
- Milk products that are consumed in their low-fat or fat-free forms provide little or no solid fat.

Health benefits

- Intake of dairy products that contain calcium is linked to improved bone health especially in children and adolescents, and may reduce the risk of osteoporosis.
- The Dairy Group provides many nutrients to the diet including calcium, phosphorus, vitamin A, vitamin D (in products fortified with vitamin D), riboflavin, vitamin B₁₂, protein, potassium, zinc, choline, magnesium, and selenium.
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.

Why is it important to make fat-free or low-fat choices from the Dairy Group?

Choosing foods from the Dairy Group that are high in saturated fats and cholesterol can have health implications. Diets high in saturated fats raise "bad" cholesterol levels in the blood. The "bad" cholesterol is called LDL (low-density lipoprotein) cholesterol. High LDL cholesterol, in turn, increases the risk for coronary heart disease. Many cheeses, whole milk, and products made from them are high in saturated fat. To help keep blood cholesterol levels healthy, limit the amount of these foods you eat. In addition, a high intake of fats makes it difficult to avoid consuming more calories than are needed.

Source:

“Nutrients and Health Benefits | ChooseMyPlate.” *Choosemyplate.Gov*, 2020,

www.choosemyplate.gov/eathealthy/dairy/dairy-nutrients-health. Accessed 6 May 2020.

Daily Activity Logs and Enrichment Responses

Tuesday:

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

PART 2: ENRICHMENT RESPONSES

Answer the questions below.

1. List three vital nutrients found in fruits and vegetables. How do these nutrients benefit the body?

2. What might the consequences be of not eating enough fruits and vegetables?

Wednesday:

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

PART 2: ENRICHMENT RESPONSES

Answer the questions below.

1. What are the benefits of eating fiber?

2. Why is it suggested that the grains you consume be mostly whole grains?

Thursday:

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>

PART 2: ENRICHMENT RESPONSES

Answer the questions below.

1. What are the benefits of eating proteins and dairy?

2. Why should proteins and dairy be consumed in moderation?

✓ Goal Check

Did you meet your target heart rate in today’s workout? If not, why do you think you didn’t reach it? Why is it important to continue to monitor your target heart rate while exercising?
