**PE Week 3: Aug. 31 – Sept. 4**

**Student Name:**

**DIRECTIONS:**

* Download this document in CTLS to use this week so you can type and mark on it.
* Highlight the tasks you complete each day. Don’t forget to rate how you feel each day, too.

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| --- | --- | --- | --- |
|  | **Monday/Tuesday** | **Wednesday** | **Thursday/Friday** |
| **My Learning Goals** | I can explain the FITT Principle and apply it to my workouts. |  | I can explain the RPE scale and apply it to my workouts. |
| **Today’s Vocabulary** | **FITT PRINCIPLE**  A personal fitness concept that is inclusive of frequency, intensity, time, and type for exercise.  **Task**: Go to <http://htmshpe.weebly.com/pe-with-coach-mack> and copy and paste the FITT Poster image HERE: | **Academic To-Do List:**  **Task**: Check your PE grades in Synergy today. If you are missing assignments make them up and turn them in. Email your PE Coach to let them know you submitted the work.  If you have questions, email your PE Coach. | **RPE**  A way of measuring physical activity intensity level. Perceived exertion is hard you feel like your body is working.  **Task:** Go to <http://htmshpe.weebly.com/pe-with-coach-mack> and copy and paste the RPE Poster image HERE: |
| **Warm-Up Activity** | [Keeper](https://darebee.com/workouts/keeper-workout.html)  **Task**: Complete 2 sets of this warm-up. |  | [Lockdown](https://darebee.com/workouts/lockdown-workout.html)  **Task**: Complete 2 sets of this warm-up. |
| **Learning Focus Activity** | [Optional Video](https://www.youtube.com/watch?v=2XuZbDDSJAk)  **Task**: Use the video link above to learn about FITT Principle and complete a Tabata workout. |  | [Tabata To Improve](https://openphysed.org/wp-content/uploads/2019/05/M-06-12-FitKnow-TabataToImproveActivityCards.pdf)  **Task**: Complete two 4-min  Tabata workouts. Complete the Aerobic Capacity & Muscular Strength Cards.  (Pages 1-2) |
| **Daily Movement Activity** | **Task:** Complete Box #5 of 30-Day Fitness Challenge and reflect on chart below. |  | **Task:** Complete Box #8 of 30-Day Fitness Challenge and reflect on chart below. |
| **Refocus** | [Relax 5-Min Guide](https://youtu.be/lUJ3nl7N35Q)  **Task**: Complete this relaxation routine. |  | [7-11 Breathing](https://youtu.be/sFP65kZBtaQ)  **Task:** Complete this relaxation routine. |
| **How am I feeling today?**  **(Insert an emoji)** |  |  |  |
| **Offline Assignments**  **(Async Day Work)** | **Task:** Complete Box #6 of 30-Day Fitness Challenge and reflect on chart below. | **Task:** Complete Box #7 of 30-day Fitness Challenge and reflect on chart below. | **Task: Submit this document to CTLS for the week.** |

Weekly Reflection #3:

Fill in the boxes below for each 30-Day Fitness Challenge you completed this week.

|  |  |  |  |
| --- | --- | --- | --- |
| 30-Day Fitness Challenge Workout | How hard did you work?  (RPE rating 1-10) | How long did the workout take you to complete? | How did you feel?  Use your keyboard to create an “emoji.” |
| Box #5 |  |  |  |
| Box #6 |  |  |  |
| Box #7 |  |  |  |
| Box #8 |  |  |  |