

Week 1: Choice Board (Oct. 19-23)

Directions:

- Do 10 out of the 12 activities of your choice to meet your physical education requirement for this week.
- Keep track of your progress during the week because you will log what you did on FRIDAY during class.

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| <p style="text-align: center;">Take a 15-minute WOG</p> <p>A WOG is a walk/jog combo. Begin walking, then lean forward and ease into a jog. If you can go 1 mile in just under 15 minutes, you've set a good WOGGING pace.</p> | <p style="text-align: center;">Tabata HIIT</p> <p>Jumping Jacks (20 sec) Plank (20 sec) Jumping Jacks (20 sec) Pushups (20 sec) Jumping Jacks (20 sec) Burpees (20 sec) Jumping Jacks (20 sec) Plank (20 sec)</p> | <p style="text-align: center;">Hydrate</p> <p>Quench your thirst and drink half of your weight of water in ounces. Skip the juices and sodas for a day.</p> | <p style="text-align: center;">20 min RUN-WALK HIIT</p> <p>Walk (2 min) Run (1 min) Walk (3 min) Run (2 min) Walk (4 min) Run (3 min) Walk (5 min)</p> |
| <p style="text-align: center;">Jumping Jack Tabata</p> <p>20 sec of jumping jacks 10 sec of rest Repeat 8 times.</p> | <p style="text-align: center;">Sleeping Beauty</p> <p>Get 8 or more hours of sleep two nights this week.</p> | <p style="text-align: center;">Burpee Tabata</p> <p>20 sec of burpees 10 sec of rest Repeat 8 times.</p> | <p style="text-align: center;">Fruits & Veggies Snackathon</p> <p>For an entire day, eat fruits and veggies as your snacks.</p> |
| <p style="text-align: center;">Fire & Sweat HIIT</p> <p>https://www.darebee.com/worksouts/fire-and-sweat-workout.html</p> <p>Do 7 sets. Rest up to 2 minutes in between sets.</p> | <p style="text-align: center;">Jump Rope</p> <p>Jump rope for 10-15 minutes. Try 3 new jump rope tricks (or more) in this video: https://youtu.be/PUCQ2pvnyW4</p> | <p style="text-align: center;">Walk and Talk</p> <p>Talk a one mile (or more) walk with a friend or family member. Talk and catch up while you do it.</p> | <p style="text-align: center;">Your Activity Choice</p> <p>Living a healthy and active lifestyle is all about making personal activity choices. You know what you like to do to safely move your body. Go do that for at least 15 minutes.</p> |