



**FITNESS ON THE MOVE**  
— [OPENPHYSED.ORG](http://OPENPHYSED.ORG) —

## Brain & Body Warm-Ups

WEEK 2 of 4

**MOTIVATION:** A reason to do something. The desire to reach a goal.

*Jenna's motivation for wearing her mask was to keep her family healthy.*

**Mission Possible:** [\[Vimeo\]](#)

You've got 3 minutes to complete the following mission:

- 3 Reps: Get Down, Get Up
- 5 Reps: Sit Ups
- 5 Reps: Chair (Couch) Sits
- 5 Reps: Triceps Dips
- 1 Rep: Touch 4 Walls
- 10 Reps: Lunges

Now it's time to CYO Mission (Create Your Own). Use the CYO Mission Worksheet to create a new set of challenges.

## Purposeful Practice

WEEK 2 of 4

**FREQUENCY:** The rate at which is repeated over a particular period of time.

*The frequency of Jessica's muscular fitness exercise is 3 times per week.*

**6-Minute FITT Dice:** [\[YouTube\]](#)

Complete the 8, 30-second exercise intervals that match the number rolled on the die. There are 3 TYPES of exercise on the dice list: Aerobic, Muscular Fitness, Mindfulness.

- 1 – Split Jacks ([YouTube](#))
  - 2 – High-5 Breathing ([YouTube](#))
  - 3 – Plank Jacks ([YouTube](#))
  - 4 – Scissor Arms ([YouTube](#))
  - 5 – Seal Jacks ([YouTube](#))
  - 6 – Equal Breathing ([YouTube](#))
- [30-Second Interval Music on Apple Music.](#)

## Just for Fun (and health)

WEEK 2 of 4

**INTENSITY:** The amount of effort used when performing an exercise or activity.

*Every day, we should get a least 60 minutes of physical activity that is at a moderate to vigorous intensity.*

**Exercise Word Scrambler:**

Use the letters shown on the Word Scrambler Card to create and list the names of as many physical activity choices as you can.

If you list an exercise that we can do in our personal space, we'll complete that exercise for 15 seconds. If more than 1 person has the same exercise on their list, we'll complete 30 seconds.

Score a point for each valid name and a bonus point if you name an exercise that appears on another list.