



FITNESS ON THE MOVE
— OPENPHYSED.ORG —

Brain & Body Warm-Ups

WEEK 1 of 4

COURAGE: The ability to do what's right even though you feel fear.

*Corina showed **courage** on the first day of school. She came to class even though she felt nervous.*

Card Cardio Challenge: [\[Vimeo\]](#)

You'll need a deck of cards or a card app on your phone and the Card Cardio Exercise Chart from OPENPhysEd.org.

Pull a card from a shuffled deck and then complete the exercise that matches the card you pulled.

Finish the exercise and then pull another card.

Purposeful Practice

WEEK 1 of 4

FITT Principle: The foundation of personal fitness planning. It stands for Frequency, Intensity, Time, Type.

*Boise used the **FITT** principle to create his monthly fitness plan.*

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 – Jumps ([YouTube](#))
 - 2 – High-5 Breathing ([YouTube](#))
 - 3 – Slow Climbers ([YouTube](#))
 - 4 – Squat Hold Calf Raises ([YouTube](#))
 - 5 – High Knees ([YouTube](#))
 - 6 – Equal Breathing ([YouTube](#))
- [30-Second Interval Music on Apple Music.](#)

Just for Fun (and health)

WEEK 1 of 4

EXERCISE: Physical activity that a person does specifically to improve health and fitness.

*Mr. Kline taught the students an **exercise** they could do at home to improve muscular strength.*

Fitness Categories Game:

The object of the game is to write 1 word per in each category that starts with the challenge letter given. You have 30 seconds to complete each category. For example, if the challenge letter is T – the exercise in the Muscular Fitness category could be Triceps Extension, a fruit could be a Tangerine, and so on. As a group, do 5 jumping jacks for every category left on each card without a valid answer.