

DISTANCE LEARNING- Week 1

3rd – 6th Grade

	Day 1	Day 2	Day 3	Day 4	Day 5
Big Idea	Warm-up and cool-down activities/periods help prevent muscle injuries.				
Warm-Up: Tabata	Old Town Road Tabata	Fortnite Fitness Tabata	Happier Tabata	Rock That Body Tabata	Stars Tabata
Knowledge Building	Warm-up exercises are brief activities completed prior to a workout to prepare our muscles for a high level of exertion.	After completing a warm-up, muscles should feel “warm”, but not “tired”.	Warm-up exercises should prepare the specific muscle group that will be used at a high level of exertion.	Cool-down exercises are light to moderate physical activities that help the body recover from exercise.	Cool-down exercises prevent blood from pooling in the muscles and helps blood flow back to the heart.
Fitness Activity	<i>For this first week, our goal for the fitness activity is for students to become familiar with proper form of various exercises (plank, push-ups, squats, etc.) that will be used in the coming weeks</i>				
increase based on ability level	Focusing on correct plank form: Hold plank for 10 seconds (with goal of 60 seconds at a time) Repeat 5 times	Focusing on correct push-up form: Complete 10 push-ups* (or modified push-ups) using correct form Repeat 2 times	Focusing on correct squat form: Complete 10 squats* using correct form Repeat 2 times	Focusing on correct V-sit position form: Hold V-sit for 10 seconds* (with goal of 60 seconds at a time) Repeat 5 times	Focusing on correct form for mountain climbers Perform Mountain Climbers for 30 seconds* (with goal of 60 seconds at a time) Repeat 3 times
Journal/Reflection	Record your physical activity (PA) in your PA Journal (English) ; PA Journal (Español) What is one goal you will set for yourself this week?	Record your physical activity in your PA Journal	Record your physical activity in your PA Journal	Record your physical activity in your PA Journal	Write a reflection: What were your biggest challenges this week? Successes? How will you improve on your challenges?

Physical Activity Break (to be completed throughout day whenever a break is needed)

[April 2020 Mind & Body Calendar](#)