

DISTANCE LEARNING- Week 2

3rd - 6th Grade



	Day 1	Day 2	Day 3	Day 4	Day 5
Big Idea	There are 5 components of physical fitness. It is important for us to work on each component to maintain a level of fitness that: <ul style="list-style-type: none"> • reduces our risk of certain diseases • helps our brain work better (improved cognition), and • supports our mental health 				
Warm-Up:	Old Town Road Tabata	Fortnite Fitness Tabata	Happier Tabata	Rock That Body Tabata	Stars Tabata
Knowledge Building	List & define the 5 components of fitness: Muscular Strength	List & define the 5 components of fitness: Muscular Endurance	List & define the 5 components of fitness: Cardiorespiratory Endurance	List & define the 5 components of fitness: Flexibility	List & define the 5 components of fitness: Body Composition
Fitness Activity	1-Minute Fitness Challenge	Invisible Dumbbell Card	Health-Related Fitness Card	Health-Related Fitness Card	1-Minute Fitness Challenge
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](#)