

DISTANCE LEARNING- Week 3

3rd - 6th Grade

	Day 1	Day 2	Day 3	Day 4	Day 5
Big Idea	Monitoring your heart rate before, during, and after physical activity helps you monitor and assess changes in your aerobic capacity.				
Warm-Up	Get Up	Turn Up the Bass	Get Up	Turn Up the Bass	Get Up
Knowledge Building	<p>Watch this video to learn about the function of your heart.</p> <p><i>A stronger heart pumps more blood with each beat.</i></p>	<p>Watch this video again to review the function of your heart.</p> <p><i>You can calculate your heart rate (in beats per minute) in intervals (Ex. 15 sec., multiply x4).</i></p>	<p><i>A resting heart rate is the # of times your heart beats per minute.</i></p>	<p><i>Your target heart rate is the rate your heart should beat during physical activity in order to improve aerobic capacity.</i></p>	<p><i>A recovery heart rate is your heart rate 1 minute after peak exercise. A stronger heart returns to your resting heart rate quicker.</i></p>
Fitness Activity	<p>Deck of Fitness</p> <p>Using a deck of cards, pull a card and complete that many repetitions of an exercise which corresponds to suit of card.</p>	<p>Leaning Tower</p> <p>Set a timer for 10 minutes. The object is to create a tower with 2 pairs of shoes. Each time the tower falls perform 10 Jumping Jacks. If the tower stands, do 10 push-ups.</p>	<p>Deck of Fitness</p> <p>Using a deck of cards, pull a card and complete that many repetitions of an exercise which corresponds to suit of card.</p>	<p>Leaning Tower</p> <p>Set a timer for 10 minutes. The object is to create a tower with 2 pairs of shoes. Each time the tower falls perform 10 Jumping Jacks. If the tower stands, do 10 push-ups.</p>	<p>Deck of Fitness</p> <p>Using a deck of cards, pull a card and complete that many repetitions of an exercise which corresponds to suit of card.</p>
Journal/Reflection	<p>Journal/Reflection</p> <p>Record your physical activity (PA) in your PA Journal (English); PA Journal (Espanol)</p>	<p>Record your physical activity in your PA Journal</p>	<p>Record your physical activity in your PA Journal</p>	<p>Record your physical activity in your PA Journal</p>	<p>Write a reflection:</p> <p>What were your biggest challenges this week? Successes? How will</p>

	What is one goal you will set for yourself this week?				you improve on your challenges?
--	---	--	--	--	---------------------------------

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

[April 2020 Mind & Body Calendar](#)