

# DISTANCE LEARNING- Week 7

## 3rd - 6th Grade

	Day 1	Day 2	Day 3	Day 4	Day 5				
Big Idea	In order to improve fitness, consider the principles of fitness which include frequency, intensity, time, and type (F.I.T.T.). The F.I.T.T. principle should be applied to all 5 components of fitness (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition).								
Warm-Up	Holiday								
Knowledge Building						<a href="#">Wishy Washy Washer Woman</a> (Go Noodle)	<a href="#">Be Nice</a> (Go Noodle)	<a href="#">I Gotta Feeling</a> (Go Noodle)	<a href="#">Hit the Ball Y'all</a> (Go Noodle)
Fitness Activity						Frequency = <i>how often you exercise</i>  <u>Suggested frequency:</u> Muscular Strength and Muscular Endurance activities <b>2x/week</b>  Flexibility activities <b>at least 3x/week, preferably daily</b>  Cardiorespiratory Endurance activities <b>DAILY</b>	Intensity = <i>how hard you exercise</i>  Make sure to vary your intensity from light to moderate to vigorous. HIIT (High Intensity Interval Training) workouts will get your heart pumping quickly. You perform a high intensity movement for a short amount of time (20-60 seconds), then rest for a shorter amount of time (10-20 seconds), and repeat.	Time = <i>how long you exercise</i>  <u>Suggested time:</u> <b>Muscular Strength and Endurance:</b> 1-2 sets with 6-15 repetitions, at least 20-30 minutes  <b>Flexibility:</b> 4-5 stretches per muscle group, hold each stretch 10-30 seconds  <b>Cardiorespiratory Endurance:</b> <i>minimum of 60 minutes</i>	Type = <i>specific activity used to exercise</i>  Make sure to participate in a variety of activities that work various major muscle groups.
	<a href="#">Cardiorespiratory Endurance Workout</a> with Coach B. Mendoza (Liberty Elem.)	1. <a href="#">Push Ups Muscular Strength and Endurance Workout</a> with Coach M. Rafael (Lauderbach Elem.)	<a href="#">Yoga Strength &amp; Flexibility Workout</a> with Coach B. Mendoza (Liberty Elem.)	<a href="#">Lego Superhero Workout</a> with Coach A. Gonzalez (Loma Verde & Rohr Elem.)					

			2. <a href="#">Strength Training Workout</a> with Coach M. Grabowski (Mueller Elem.)		
Journal/ Reflection		Record your physical activity (PA) in your <a href="#">PA Journal (English)</a> ; <a href="#">PA Journal (Español)</a>  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	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)					
<a href="#">May 2020 Drop Everything and Move Calendar</a>					

POSSIBLE DISCUSSION QUESTIONS:

- What are you trying to accomplish by incorporating the F.I.T.T principle in an exercise program?
- What changes to your body and how you feel could you expect when improving your fitness?
- Do you feel that an exercise program using the F.I.T.T. principles benefit your well-being?
- Why do you think an exercise program that follows the F.I.T.T. principle makes a difference in your fitness? Are there additional components that you would add?
- Which component of the F.I.T.T. principle challenges *you* the most?