
















ACTIVE HOME PHYSICAL EDUCATION: HIGH SCHOOL HEALTH-RELATED FITNESS

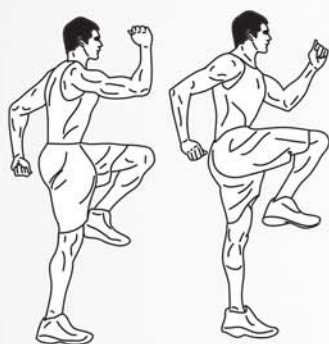
Complete the activity with a friend or family member. Don't forget to log your daily physical activity time.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
My Learning Goals	I will complete all Darebee workouts in order to develop my muscular fitness.	I will complete all Darebee workouts in order to develop my aerobic capacity.	I will demonstrate grit by completing all Darebee workouts today.	I will write down 3 fitness goals that could be incorporated into a fitness plan.	I will participate in physical activity each day with a focus on improving my health.
Today's Vocabulary	MUSCULAR FITNESS The combined ability of a muscle to demonstrate strength and resist fatigue.	AEROBIC CAPACITY The body's ability to take in, transport, and use oxygen during vigorous physical activity.	GRIT The combination of passion and perseverance, which allows you to keep developing skill and working toward achievement.	FITNESS PLAN A course of action to reach a desired level of fitness, typically including an exercise schedule and approach to nutrition.	PARTICIPATE The act of engaging and taking part in an activity.
Warm-Up Activity	Mr. Grumpy (Darebee.com)	Cardio Fix (Darebee.com)	Mr. Grumpy (Darebee.com)	Cardio Fix (Darebee.com)	Mr. Grumpy (Darebee.com)
Learning Focus Activity	Activity 1: 100 Percent Workout Perform Level 1 Workout	Activity 2: Quick HITT Workout Perform Level 1 Workout	Activity 3: 100 Percent Workout Perform Level 1 or 2 Workout	Activity 4: Quick HITT Workout Perform Level 1 or 2 Workout	Activity 5: Choose Level 2 of 100 Percent Workout OR Quick HITT Workout
Daily Movement Activity	Explorer Darebee	Explorer Darebee	Explorer Darebee	Explorer Darebee	Explorer Darebee
Refocus	Choose a Guided Meditation	Choose a Guided Meditation	Choose a Guided Meditation	Choose a Guided Meditation	Choose a Guided Meditation
Did You Complete the Fitness Log?	Yes or No	Yes or No	Yes or No	Yes or No	Yes or No
How am I feeling today?	  	  	  	  	  

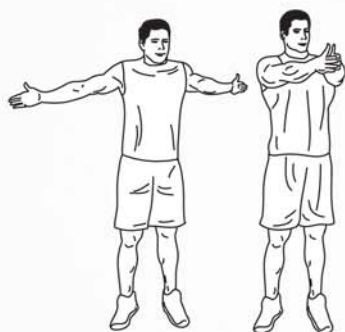
Mr Grumpy

DAREBEE WORKOUT @ darebee.com

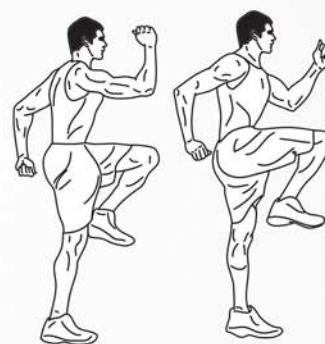
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



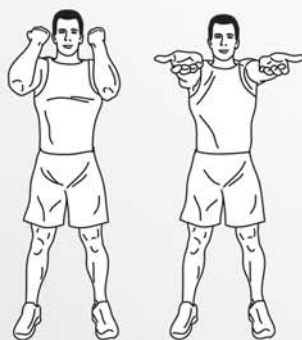
20 march steps



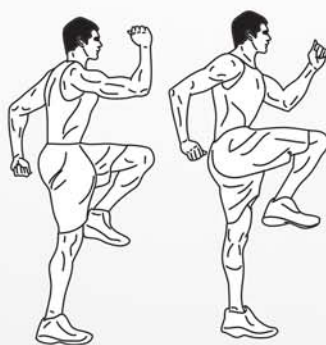
20 chest expansions



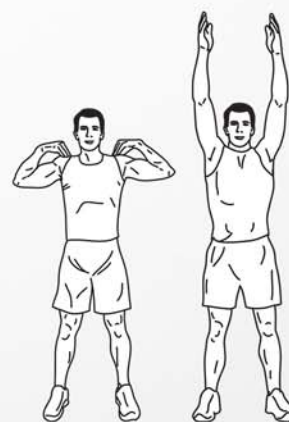
20 march steps



20 bicep extensions



20 march steps

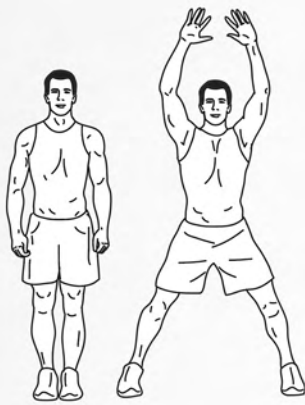


20 shoulder taps

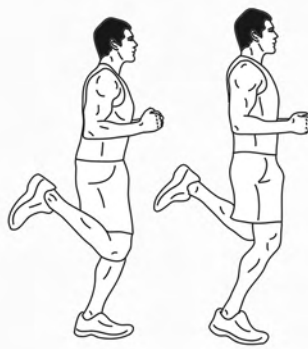
Cardio Fix

DAREBEE WORKOUT @ darebee.com

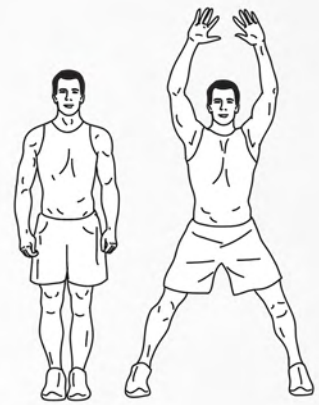
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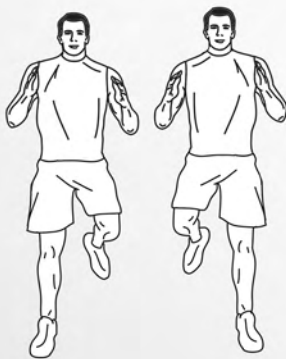
20 jumping jacks



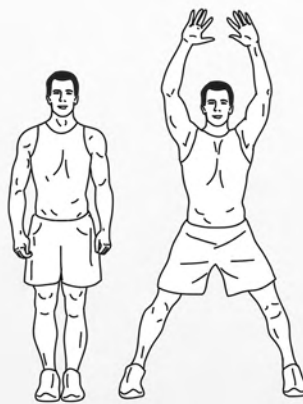
10 butt kicks



20 jumping jacks



10 side-to-side hops



20 jumping jacks



10 side-to-side hops

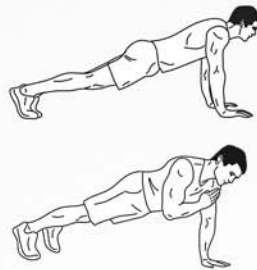
100%

DAREBEE **HIIT** WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



20sec high knees



20sec shoulder taps



20sec high knees



20sec shoulder taps



20sec plank hold



20sec shoulder taps



20sec high knees



20sec shoulder taps



20sec high knees

QUICK HIT

WORKOUT
BY DAREBEE
@ darebee.com

Level I 3 sets

Level II 5 sets

Level III 7 sets

2 minutes rest



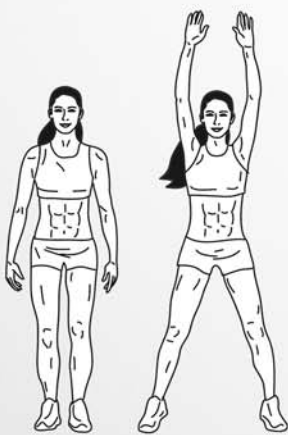
20sec high knees



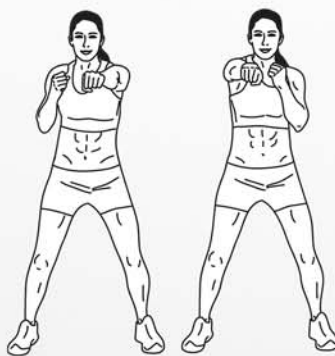
20sec climbers



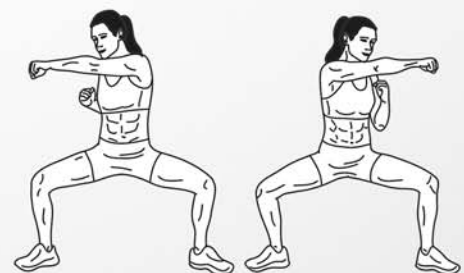
20sec plank hold



20sec jumping jacks



20sec punches

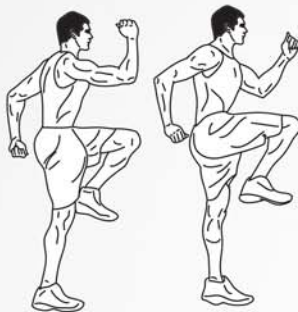


20sec squat hold punches

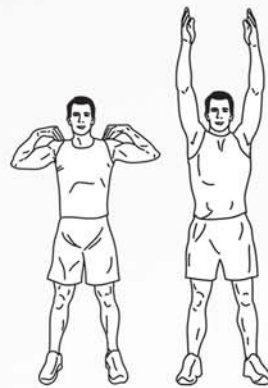
EXPLORER

DAREBEE WORKOUT @ darebee.com

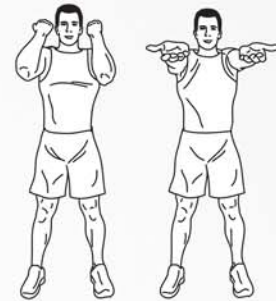
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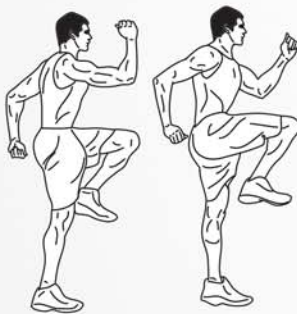
20 march steps



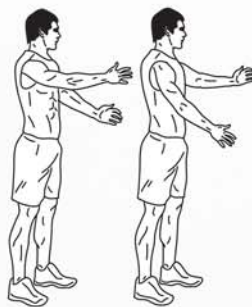
10 shoulder taps



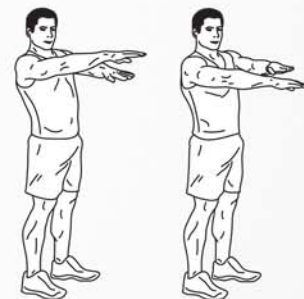
10 bicep extensions



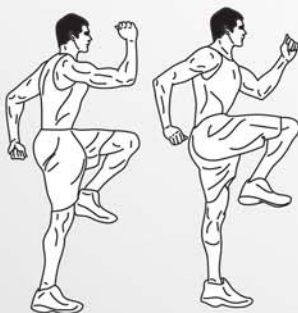
20 march steps



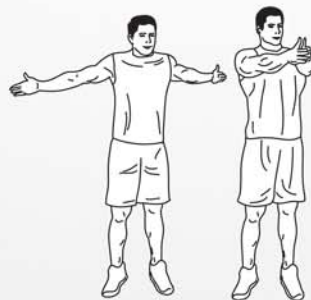
10 scissor chops



10 arm scissors



20 march steps



10 chest expansions



10 raised arm circles