

7th & 8th PE Online Week 3 Activities

Hi Everyone! From what I've seen so far, it looks like so many of you are getting a lot of exercise in. Nice job! This really makes me happy that you are making an effort to stay active and move. Therefore, we are going to continue on our current path and have you send in your weekly exercise log. No changes this week, although I've added another link to a good workout you could try out at home. Feel free to check it out and give it a try. I've also kept the formula in this handout to calculate your target heart rate zone (THR). Continue to work hard so that you are exercising within that zone (approximately 124-175 beats per minute for most of you). **When you feel like you are at the peak of your workout, pause for 10 seconds and check that pulse!**

1. **Calculate your Target Heart Rate (THR) and exercise at least 3 times this week within your target heart rate zone** (feel free to overachieve and do this every time you workout!). Below are the steps to do this.
 - **Use the following formula to calculate your THR (Target Heart Rate):**
 - $220 - \text{Your Age} = \text{'s } (N)$
 - $(N) \times .60\% = \text{'s } \underline{\hspace{2cm}}$ (this is the low end of your THR)
 - $(N) \times .85\% = \text{'s } \underline{\hspace{2cm}}$ (this is the high end of your THR)
 - **Mr. Rizzo's THR Example:**
 - $220 - 46$ (my age) = 174
 - $174 \times .60\% = \text{'s } \underline{104}$ (this is the low end for my THR)
 - $174 \times .85\% = \text{'s } \underline{148}$ (this is the high end for my THR)
 - So when exercising, Mr Rizzo needs his heart rate between 104-148 beats per minute to increase his cardiovascular fitness level.
 - The following link is a great way to easily calculate your THR:
<https://www.active.com/fitness/calculators/hearttrate>
 - **You will need to find your pulse to determine if you are exercising within your THR. How do you find your pulse?** Place your index and third fingers on your neck to the side of your windpipe (**carotid artery**). To check your pulse at your wrist, place two fingers between the bone and the tendon over your **radial artery** — which is located on the thumb side of your wrist. For a quick check, count your pulse for 10 seconds and then take that number and multiply it by 6. This is your current heart rate.
 - If you are having a hard time finding your pulse, check out this link with a visual demonstration on how to easily find your pulse:
https://www.youtube.com/watch?reload=9&v=W5K_HR6hxMY

- **Now what? When you are exercising this week, periodically check your pulse (WHILE WORKING OUT) to see if you are exercising within your THR.** Increase or decrease your intensity accordingly.

With that said, here is what I hope you all can do for me each week:

1. **Get some exercise!** Get off that couch, put your phone down, step away from your video games and move!
2. **How often?** Try to get 30-60 minutes a day of activity in. Your body will feel better, you will sleep better, you'll be able to focus more on your other classwork and at home work, and hopefully you'll have some fun doing it!
3. **What to do?** Below is a list of ideas.
 - a. As directed in last week's supplemental packet, you can very easily do some in home core work without any technology to help you through it. Crunches, push-ups, planks, air squats, jumping jacks, go for a jog (keep up your social distancing and be safe out there!).
 - b. Play a game with your family - basketball, soccer, throw the football around or play catch, and I've even heard of some students ordering a backyard badminton set online. Yeah!
 - c. Do some yard work! Mow the lawn, pull some weeds, or something else!
 - d. Check out some of these links for some good at home exercises/workouts:
 - Sworkit Kids App: <https://app.sworkit.com/collections/kids-workouts>
 - Nike Training Club App: <https://www.nike.com/ntc-app>
 - Youtube 20 Minute Tabata Style Workout: <https://www.youtube.com/watch?v=D7oV4wXMUws>
 - Ultimate 20 Minute Full Body Workout <https://www.youtube.com/watch?v=WmGjxU3Ggko>
 - **NEW WORKOUT LINK: P.E. With Joe - Daily online 30 minute workout classes.** <https://www.youtube.com/playlist?list=PLyCLOPd4VxBvQafyve889gVcPxYEjdSTI>

VERY IMPORTANT: PLEASE WRITE DOWN WHAT YOU DO EACH DAY ACTIVITY WISE AND SEND IT TO ME THROUGH OUR GOOGLE CLASSROOM EACH FRIDAY!

- How do you do this? Let's keep it simple.
 - You can either set up an easy google spreadsheet and fill it out as you go
 - You can write this out in a short paragraph form
 - Or use a bullet style and list the activities you have done
 - **Continue to monitor your pulse while working out and write down what your pulse was on your workout log sheet.**