

7th & 8th PE Online Week 7 Activities

Hi Everyone! We are down to our last two weeks of materials that we are sending out to all of you. Many of you have been doing a great job submitting your work each week. Keep it up for these last two weeks. You are almost there!

This week, I am including a workout game that you can design. All you will need is a set of dice (actually, just one will work fine), some paper and your imagination. Try and get your siblings involved or even your parents once you have created your cards and have determined what exercises you will do. See the attached "Exercise Dice Game" handout to complete this task.

Week 7 directions are as follows:







1. **Continue to exercise 30-60 minutes per day if possible.** Staying active is so important right now!
2. **While exercising continue to check your pulse periodically and see if you are exercising within your target heart rate zone** (approx. 124-175 beats per minute). If you are having a hard time getting into that zone, you need to increase your intensity. If you are about 175 beats per minute, SLOW DOWN!
3. **Continue to log your daily activities writing down what you did, for how long you did each exercise and what your pulse was.**
4. **Test your core strength again this week, and continue to work your core throughout the week.** I would like you to do this simple test once per week until the end of the school year. **Record your results and include those results in the log that you turn into me. Many of you are forgetting to send these test results to me each week. Please complete this simple test and include your results in your weekly log.**
 - a. **1 MINUTE OF CRUNCHES** = How many reps can you get in 1 minute?
 - b. **1 MINUTE OF PUSH UPS** = How many reps can you get in 1 minute?
 - c. **PLANKS** - How long can you hold a PERFECT plank position (backs/rear ends have to be straight!)

If you are getting into a workout rut and find yourself doing the same thing over and over, please check out some of the links/or apps below. These will spice up your routine and challenge you physically.

- 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>
- P.E. With Joe - Daily online 30 minute workout classes.
<https://www.youtube.com/playlist?list=PLyCLOPd4VxBvQafyve889qVcPxYEjdSTI>
- 30 Minute Tabata Session Workout.
<https://www.youtube.com/watch?v=XIeCMhNWFQQ> This is a different Tabata style workout than the one posted above. If you are looking for a challenging workout, give it a shot!

Exercise Dice Game

Pick six exercises. Write the name and draw a picture of the exercise in each box. Roll the dice to see what exercise to complete, roll the dice again to see how many times to complete the exercise. <https://www.swww.com/blog/exercise-dice-game-using-task-cards-literacy-strategies-in-pe/>

					
5	10	15	20	25	30

1:

2:

3:

4:

5:

6:

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