

# MIDDLE SCHOOL PHYSICAL EDUCATION

|                                                                                                                                                                                                                      |                                                                                                                                                                                                                     |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>AT HOME HIIT Workout NEW</b></p> <p>What is a HIIT workout and what does it look like?</p> <p><a href="#"><u>Directions for Activity</u></a></p>                                                               | <p><b>Living Room Decreasing Ladder Workout NEW</b></p> <p>Get ready to challenge your muscular endurance, strength and cardiovascular fitness abilities!</p> <p><a href="#"><u>Directions for Activity</u></a></p> |
| <p><b>Cardio Kickboxing</b></p> <p>Will you be the next W.W.E. Champion?</p> <p><a href="#"><u>Directions for Activity</u></a></p>                                                                                   | <p><b>Target Skills</b></p> <p>Test your accuracy. Can you hit the bullseye?</p> <p><a href="#"><u>Directions for Activity</u></a></p>                                                                              |
| <p><b>Plank Challenge</b></p> <p>Challenge yourself to perfect your plank form and use it in this workout!</p> <p><a href="#"><u>Directions for Activity</u></a></p>                                                 | <p><b>"As Many Rounds as Possible"</b></p> <p>Do "As Many Rounds as Possible" for your AMRAP workout!</p> <p><a href="#"><u>Directions for Activity</u></a></p>                                                     |
| <p><b>1,000 Rep Challenge</b></p> <p>Challenge yourself to reach 1,000 reps!</p> <p><a href="#"><u>Directions for Activity</u></a></p>                                                                               | <p><b>Let's Get Physical with Yoga!</b></p> <p>Get yourself introduced to Yoga!</p> <p><a href="#"><u>Directions for Activity</u></a></p>                                                                           |
| <p><b>Do you have what it takes?</b></p> <p>Time to Move! You will try six activities so that you have a better understanding your skill level for sports.</p> <p><a href="#"><u>Directions for Activity</u></a></p> | <p><b>Alphabet Challenge</b></p> <p>Use the Alphabet Fitness Key to create your own workout! Spell your name, school's name or mascot to get you started!</p> <p><a href="#"><u>Directions for Activity</u></a></p> |
| <p><b>Target Heart Rate Activity</b></p> <p>Learn how to take your pulse. What happens to your heart when exercising?</p> <p><a href="#"><u>Directions for Activity</u></a></p>                                      | <p><b>Taking on Tabata</b></p> <p>What is a Tabata workout? Learn more and create your own!</p> <p><a href="#"><u>Directions for Activity</u></a></p>                                                               |