

Please check out the PE lesson plan for more information. You do not have to print it out, just write answers on a sheet of paper. <https://www.richlandone.org/Page/8849>

Physical Activity Log

Use the activity log to track your progress. Remember, activity minutes add up. It's okay to break your total activity into smaller chunks of movement.

Week 1:

Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	Daily Challenge 15 Mins	Tabata 15 Mins	Walk with Friends 30 minutes	60 minutes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Week 2:

Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	Daily Challenge 15 Mins	Tabata 15 Mins	Walk with Friends 30 minutes	60 minutes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

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Daily Activity Challenges

Complete each challenge. When finished, mark an X next to that day's challenge.

Day	Challenge	Complete ?
Sample Day	How many jumping jacks can you do in 15 minutes? Do your 'jacks in sets of 25 with a break in between.	X
Day 1	Visit Darebee.com and complete the Workout of the Day.	
Day 2	Make 3 sock balls by balling up your socks – duh... Grab an adult and search “learn to juggle” on YouTube. Work for 15 minutes and make progress. Instead of using sock balls, you can start with Walmart or grocery bag to start as a beginner.	
Day 3	Grab an invisible jump rope and create a routine that includes at least 4 different “tricks.”	
Day 4	Wall Push-ups are just like push-ups but are done standing against a wall. Do 10 sets of 10.	
Day 5	Play 10 games Rock Paper Scissor with a friend. The winner of each game picks an exercise for both of you to complete.	
Day 6	Squat Stare Challenge. Squat position facing a friend. Have a staring contest. The winner picks an exercise for both to complete. No blinks or smiles	
Day 7	Visit www.hhph.org/resources/flow/ And complete this HYPE the Breaks routine.	
Day 8	Remember how many jumping jacks you did in 15 minutes? It's time to break your record! Do your 'jacks in sets of 25 with a break in between.	
Day 9	Practice makes perfect! Grab those 3 sock balls and work on your juggling for another 15 minutes. Instead of using sock balls, you can start with Walmart or grocery bag to start as a beginner.	
Day 10	Visit Darebee.com and complete the Workout of the Day.	
Day 11	How many jumping jacks can you do in 15 minutes? Do your 'jacks in sets of 25 with a break in between.	
Day 12	Play 10 games Rock Paper Scissor with a friend. The winner of each game picks an exercise for both of you to complete.	
Day 13	Squat Stare Challenge. Squat position facing a friend. Have a staring contest. The winner picks an exercise for both to complete. No blinks or smiles	
Day 14	Visit www.hhph.org/resources/to-the-core/ And complete this HYPE the Breaks routine.	

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One and Done TABATA

This format is called “one & done” because each exercise is only done 1 time during the routine.

Set #	Exercise Name	Interval Start
1	Jumping Jacks (20 seconds) Rest 10 seconds	0:00
2	Lunges (20 seconds) Rest 10 seconds	0:30
3	Hold Plank Position (20 seconds) Rest 10 seconds	1:00
4	Invisible Jump Rope (20 seconds) Rest 10 seconds	1:30
5	Squats (20 seconds) Rest 10 seconds	2:00
6	Plank Leg Raises (20 seconds) Rest 10 seconds	2:30
7	Jog in Place with High Knees (20 seconds) Rest 10 seconds	3:00
8	Plank Arm Raises (20 seconds) Rest 10 seconds	3:30

Double or Nothing TABATA

This format is “Double or Nothing” because each exercise is done twice in a row.

Set #	Exercise Name	Interval Start
1	Lunges (20 seconds) Rest 10 seconds	0:00
2	Lunges (20 seconds) Rest 10 seconds	0:30
3	Hold Plank Position (20 seconds) Rest 10 seconds	1:00
4	Hold Plank Position (20 seconds) Rest 10 seconds	1:30
5	Squats (20 seconds) Rest 10 seconds	2:00
6	Squats (20 seconds) Rest 10 seconds	2:30
7	Jumping Jacks (20 seconds) Rest 10 seconds	3:00
8	Jumping Jacks (20 seconds) Rest 10 seconds	3:30

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Create Your Own TABATA

Create your own routine in the chart below. Looking for good exercises? Visit www.darebee.com/video.html for a library of exercise videos.

Set #	Exercise Name	Interval Start
1	Exercise Name: _____ (20 seconds) Rest 10 seconds	0:00
2	Exercise Name: _____ (20 seconds) Rest 10 seconds	0:30
3	Exercise Name: _____ (20 seconds) Rest 10 seconds	1:00
4	Exercise Name: _____ (20 seconds) Rest 10 seconds	1:30
5	Exercise Name: _____ (20 seconds) Rest 10 seconds	2:00
6	Exercise Name: _____ (20 seconds) Rest 10 seconds	2:30
7	Exercise Name: _____ (20 seconds) Rest 10 seconds	3:00
8	Exercise Name: _____ (20 seconds) Rest 10 seconds	3:30

Coach Banks TABATA

Set #	Exercise	Interval Start
1	Push-ups (20 seconds) 10 second break	0:00
2	Squats (20 seconds) 10 second break	0:30
3	Crunches (20 seconds) 10 second break	1:00
4	Burpees (20 seconds) 10 second break	1:30
5	Jumping Jacks (20 seconds) 10 second break	2:00
6	Plank (20 seconds) 10 second break	2:30
7	Plank Jacks (20 seconds) 10 second break	3:00
8	Squat Jumps (20 seconds) 10 second break	3:30