

ACTIVE HOME PHYSICAL EDUCATION: HIGH SCHOOL SOCIAL DISTANCING (Invisible Dumbbells)

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 demonstrate perfect exercise form during all Darebee fitness and Invisible Dumbbell activities.	I will minimize fatigue by following a sleep routine at night. This will help give my mind and body the rest that I need.	I will use the perceived exertion chart to self-assess the intensity of my daily physical education time.	I will focus on proper technique while performing Darebee and Invisible Dumbbell activities.	I will demonstrate proper exercise form as an essential part of my injury prevention practice.
Today's Vocabulary	EXERCISE FORM A specific way of performing a physical activity or movement to promote safety, enhance benefits, and avoid injury.	FATIGUE Extreme tiredness, generally resulting from physical or mental exertion.	PERCEIVED EXERTION How hard an individual feels her/his body is working during a bout of physical activity or exercise.	TECHNIQUE A skillful or efficient way of performing an activity.	INJURY PREVENTION Deliberate actions, routines, and systems intended to stop harm from happening.
Warm-Up Activity	Chosen One (Darebee)	The Bard (Darebee)	Chosen One (Darebee)	The Bard (Darebee)	Choice
Learning Focus Activity	Activity 1: Invisible Dumbbells Perform the following stations: Biceps Curl Dumbbell Crunch	Activity 2: Invisible Dumbbells Perform the following stations: Dumbbell Crunch Dumbbell Lunges	Activity 4: Invisible Dumbbells Perform the following stations: Dumbbell Lunges Plank Rows	Activity 5: Invisible Dumbbells Perform the following stations: Plank Rows Dumbbell Squats	Activity 5: Invisible Dumbbells Perform the following stations: Dumbbell Squats Triceps Push
Daily Movement Activity	Good Morning (Darebee)	Good Morning (Darebee)	Good Morning (Darebee)	Good Morning (Darebee)	Good Morning (Darebee)
Refocus	Choose a Guided Meditation	Choose a Guided Meditation	Choose a Guided Meditation	Choose a Guided Meditation	Choose a Guided Meditation
How am I feeling today?	  	  	  	  	  