

*****Attention Students and Families: This packet is designed to be used ONLY IF THERE IS NOT CONSISTENT ACCESS TO TECHNOLOGY TO COMPLETE WORK ONLINE. If a student can interact in Google Classroom, this packet does not take the place of those assignments and it is not a requirement to be completed in addition to Google Classroom work assigned by teachers. *****

Centennial Middle School Distance Learning Work Packet



GRADES 7th & 8th

CMS PE Department Distance Learning Part 3

The PE department encourages you to participate a minimum of 30 minutes each day. Each day focus on moving and creating habits that will help your physical, social (appropriately), and mental emotional well being. We base our activities around the following standards:

PE.3.7.01: Identifies barriers related to maintaining a physically active lifestyle and seeks solutions for eliminating those barriers.

PE.3.7.02: Participates in self-selected physical activity outside of physical education class.

PE.3.7.03: Participates in a variety of strength-fitness and endurance-fitness activities.

PE.3.7.08: Designs a warm-up/cool-down regimen for a self-selected physical activity.

PE.3.7.13: Practices strategies for dealing with stress, such as deep breathing, guided visualization and aerobic exercise.[7]

Task #1 Your Fitness Choices!

Pick the activities you enjoy the most and keep track each day until the end of the school year. Focus on 30 minutes a day. Remember you don't have to do all 30 minutes at once, break it up with different activities (example 10 minute walk, 10 minute bike, and 10 minute video workout.)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

*write on this chart your activity and time spent.

Task #2 ABC Challenge

Materials:

Complete the alphabet, go as far as you can or spell your name and challenge a friend!

A = 30 second plank B = 20 Jumping Jacks C = 30 Squats D = 10 Burpees E = 1 minute Wall sit F = 15 Push Ups G = 20 Arm Circles H = 20 Squats I = 30 Jumping Jacks	J = 30 Second plank K = 10 Push Ups L = 1 minute Wall Sit M = 20 Burpees N = 25 Squats O = 20 Burpees P = 15 Arm Circles Q = 45 second Plank R = 15 Push Ups	S = 20 Burpees T = 30 Arm Circles U = 40 Jumping Jacks V = 1:30 Wall Sit W = 20 Burpees X = 60 Jumping Jacks Y = 45 Second Plank Z = 15 Push Ups
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Task #3 Dice Rolling

Materials: dice, enough space for workout

This will be a 10 minute workout.

If you roll:

- 1 = 20 Twists
- 2 = 5 Burpees,
- 3 = 10 Jump Squats
- 4 = 10 Up Downs (move from high plank to low plank position)
- 5 = 20 Jumping Jacks
- 6 = 10 Leg Raises

Spend 10 minutes doing this and have a great workout.

Task #4

Simple circuit workouts.

Here are a few workout plans you could try. Do each workout 3 times, If you find it hard to do the number of each exercise to be successful change the amount to your ability. This is one way to build muscular strength and endurance.

Workout #1 5 Push ups 10 Sit-ups 20 sec Plank 25 Squats 30 Mountain climber 35 Jumping jacks	Workout #2 20 Jumping Jacks 10 Crunches 20 Jumping Jacks 10 sec Plank 20 Jumping Jacks 10 Leg lifts	Workout #3 20 Line Jumps 10 Push-ups 10 Lunges 10 Burpees 10 Squats 10 Crunches
Workout #4 (200's) 50 Jumping jacks 50 Sit-ups 50 Squats 50 Step-Ups Rest 2 minutes	Workout #5 10 Squats 10 Line Jumps 10 Step-ups 10 Jumping Jacks 10 Air Bikes	Workout #6 Your Choice 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____

Task #5 Mile Run or Running Challenge

Materials: timer, use a track, or go to a park, or outline a path on google that equals a mile. You can also run in place.

Directions: Your goal is to run the distance 4 times in two weeks or run in place without stopping for 10 minutes four times.

Exercise	Route one	Route two	Running in place
1. First Attempt			
2. 2nd Attempt			
3. 3rd Attempt			
4. 4th Attempt			

Did you improve on each attempt, why or why not?

Task #6

One type of exercise that can help relieve stress is stretching and in particular yoga.

As you exercise you begin movements slowly and take deep breaths. The practice of slow breathing is one way to help relieve stress.

Here is a yoga routine you could follow.

1. Belly breathing - Lying down	6. Star pose
2. Downward Dog	7. Airplane pose
3. Mountain pose	8. Half moon pose
4. Tree pose	9. Warrior pose
5. Flower pose	10. Crow pose

*Examples can be found in the additional pages.

Task #7 Power of 10

Materials: enough space for workout

Do each exercise 10 times

Side Lunges

V-Ups

Star Jumps

One Leg Calf Raises

Inchworms/Walkout Push Ups

Knee to Chest Jumps (this is bringing your knees to your chest as you jump in the air).

Repeat

Goal for the next few weeks.

Write down what you will do to relieve stress. _____

Try the yoga routine or make a list of stretches you could do.

How does stretching and yoga help you feel during stressful times?

Fitness Log Review: Please answer the questions below:

1. What was my favorite type of exercise for the week?

2. Did I try any of the workout videos, or did I do my own workouts?

3. If you are inactive, what are reasons for inactivity?

4. Did you meet your physical activity and nutrition goal for last week? *(If no, what can you do differently to help meet your goal next week?)*

5. Please explain at least 1 fitness goal and 1 nutrition goal for this week. You can repeat the same goal from last week or change it. It is up to you!

Example- I want to walk for 30 minutes a day and eat less snacks, or I want to play basketball for 30 minutes a day, and try and eat more fruits.
