

Serendipity School Physical Education



Distance Learning Program & Fitness Journal

Name: _____ Date: _____

Dear Parents,

School closures and distance learning are never the preferred option when it comes to physical education. However, I am confident that our community will continue to be Squirrel Strong and stay healthy. I have put together this distance learning packet in hopes that our community can continue to live a healthy and active lifestyle.

In addition, this program also contains physical education grade-level outcomes in the areas of fitness knowledge and personal and social responsibility.

For Older Students (Grades 3-5): This fitness journal is your child's instructional guide through a 2-week wellness home study. It has been designed with a focus on the following core competencies for social and emotional learning – Self-Awareness and Self-Management.

Focused Alignments:
Core SEL Competencies | casel.org
Grade-level Outcomes | shapeamerica.org

For Younger Students (Grades TK-2): Parents please work with your child to complete the journal. Feel free to ask them the questions and prompts rather than have your child fill out the paper.

Please encourage your child to follow the instructions on each page, complete the exercises and writing prompts, and return the finished journal to me when we come back to school.

Thank You,

William Potter

Serendipity School Physical Education Teacher

Dear Students,

I am sorry that I cannot be with you during this school closure. But even though school is closed, we should still strive for a healthy and active lifestyle.

This fitness journal is your instructional guide through a 2-week wellness home study. It has been designed with a focus on the following core competencies for social and emotional learning – Self-Awareness and Self-Management.

In addition, you will be working toward physical education grade-level outcomes in the areas of fitness knowledge and personal and social responsibility.

To receive credit for this assignment, follow the instructions on each page, complete the exercises and writing prompts, and then return your finished journal to me when we come back to school.

I will be available online during the day if you have any questions or just want to check in. My email is will@serendipityschool.com and I will be checking it often. If you need me for anything I will be happy to message you back or even set up a zoom face to face meeting.

Remember to always think C.L.E.A.R. and stay Squirrel Strong!

Mr. Will

INTRODUCTION

This is a 2-week home study focused on...

1. Understanding self-awareness and self-management as it relates to physical activity, goal setting, and stress management
2. Exploring personal thoughts and emotions as they relate to physical activity and examine how these thoughts affect our behaviors and routines
3. Achieving personal activity goals aimed at reducing stress and boosting our body's ability to fight disease

There are 3 components to this journal.

- First, you will complete daily activity challenges designed to prepare our minds for optimal performance and creativity.
- Second, you will use Tabata-style activity intervals and/or dance breaks to help you progress toward a daily physical activity goal of 60 minutes of moderate to vigorous physical activity.
- Third, you will complete short journaling exercises focused on developing social and emotional competencies.

Your 2-week SMART goals.

A **SMART** goal is Specific, Measurable, Achievable, Realistic, and Time-bound.

SMART GOAL 1: During the next two weeks, I will be physically active for at least 60 minutes per day for a minimum of 12 of 14 days. I will track my activity using the activity log provided in this journal.

SMART GOAL 2: During the next two weeks, I will complete all of the writing prompts included in this journal. Each prompt will help me explore physical and emotional well-being concepts.

FITNESS 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				

DAILY ACTIVITY CHALLENGE

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	Complete the Super Hero HIIT Workout Attached	
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.	
Day 3	Grab a real or 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. 10x10 = 100	
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	Complete the Super Hero Stretch Workout Attached	
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.	
Day 10	Complete the Super Hero HIIT Workout Attached (Was it easier today?)	
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	Complete the Super Hero Stretch Workout Attached (Did you feel like you could stretch further?)	

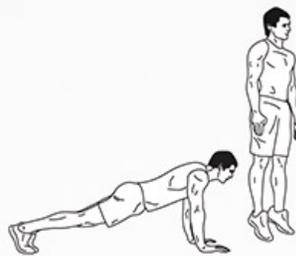
superhero HIIT

DAREBEE WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



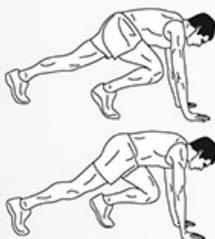
30sec high knees



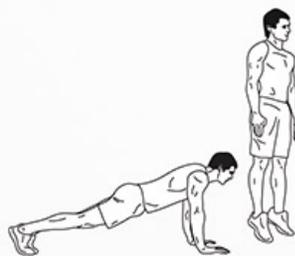
30sec basic burpees



30sec high knees



30sec climbers



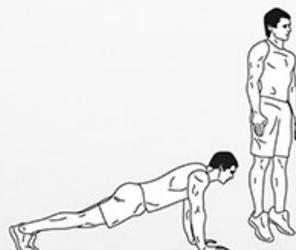
30sec basic burpees



30sec climbers



30sec high knees



30sec basic burpees



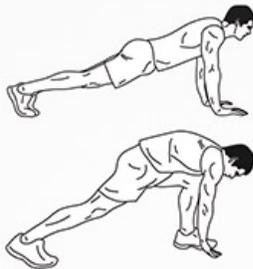
30sec high knees

superhero stretch

DAREBEE
WORKOUT
@ darebee.com



30sec side-to-side lunges



30sec plank step-ins



30sec stretch



30sec stretch



30sec stretch



60sec stretch



30sec stretch



30sec stretch



30sec upward dog



30sec swimmers



30sec bow hold

TABATA WORKOUTS

What is Tabata Training?

- Tabata training was created by a Japanese scientist named Dr. Izumi Tabata.
- True Tabata workouts combine 20 seconds of vigorous activity with 10 seconds of rest in between each set.
- We may adjust our timing and intensity throughout the module, but it's important to understand the history behind our workouts.
- Dr. Tabata's research showed that even 4-minute workouts using his timing formula can have positive results on a person's overall fitness.

We'll focus on 2 types of Tabata activity routines – One and Done, and Double or Nothing. Then, you can use the blank routine chart to create your own workout.

One and Done

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

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

Create Your Own

Create your own routine in the chart below.

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

Journaling Exercises

Throughout this 2-week course you will complete journaling exercises on all of the odd-days. On the even days, you will use calming music to help you clear your mind and focus on your breathing.

DAY 1

Write a list of 5 things you can do to help your mind and body relax.	
If you could choose one place in the world where you could go to relax, where would it be and why did you choose this place?	

Now Breathe

<ul style="list-style-type: none">• You're going to practice breathing into your belly.• Find a comfortable place to lay flat on your back. Place a light object (like a small book) on your belly.• Close your eyes and focus on breathing. As you inhale and exhale, stay mindful of the position of the object. Is it moving?• Focus on making the object move up when you inhale and down when you exhale. If the object falls off your belly, simply pick it up and place it back in position.	Did you complete this breathing exercise? Yes or No
--	---

Journaling Exercises

Throughout this 2-week course you will complete journaling exercises on all of the odd-days. On the even days, you will use calming music to help you clear your mind and focus on your breathing.

DAY 3

Write a list of 5 things that you are grateful for. List people, places, or important events.	
Write 3 “Thank You” sentences that you could say to a specific person that you are grateful for. Now, go find that person and read what you wrote.	

Now Breathe

<ul style="list-style-type: none">• It’s time to practice breathing into your belly.• Find a comfortable place to lay flat on your back. Place a light object (like a small book) on your belly.• Close your eyes and focus on breathing. As you inhale and exhale, stay mindful of the position of the object. Is it moving?• Focus on making the object move up when you inhale and down when you exhale. If the object falls off your belly, simply pick it up and place it back in position.	Did you complete this breathing exercise? Yes or No
---	---

Journaling Exercises

Throughout this 2-week course you will complete journaling exercises on all of the odd-days. On the even days, you will use calming music to help you clear your mind and focus on your breathing.

DAY 5

<p>It's important to use positive language when we talk to others as well as in our own self-talk. Write 5 positive words or phrases you can use today.</p>	
<p>Write a single statement of encouragement to yourself. This statement should encourage you to keep working toward daily activity goals.</p>	

Now Breathe

<ul style="list-style-type: none">• It's time to practice breathing into your belly.• Find a comfortable place to lay flat on your back. Place a light object (like a small book) on your belly.• Close your eyes and focus on breathing. As you inhale and exhale, stay mindful of the position of the object. Is it moving?• Focus on making the object move up when you inhale and down when you exhale. If the object falls off your belly, simply pick it up and place it back in position.	<p>Did you complete this breathing exercise?</p> <p>Yes or No</p>
---	--

Journaling Exercises

Throughout this 2-week course you will complete journaling exercises on all of the odd-days. On the even days, you will use calming music to help you clear your mind and focus on your breathing.

DAY 7

List 3 words or phrases that describe how you feel each time you finish being physically active	
Write 3 sentences that you could use to convince a friend or family member to be physically active with you.	

Now Breathe

<ul style="list-style-type: none">• It's time to practice breathing into your belly.• Find a comfortable place to lay flat on your back. Place a light object (like a small book) on your belly.• Close your eyes and focus on breathing. As you inhale and exhale, stay mindful of the position of the object. Is it moving?• Focus on making the object move up when you inhale and down when you exhale. If the object falls off your belly, simply pick it up and place it back in position.	Did you complete this breathing exercise? Yes or No
---	---

Journaling Exercises

Throughout this 2-week course you will complete journaling exercises on all of the odd-days. On the even days, you will use calming music to help you clear your mind and focus on your breathing.

DAY 9

List 2 accomplishments that you are proud of.	
Choose 1 of those accomplishments and write 3 sentences to yourself describing why you are proud and how that accomplishment will help you in the future.	

Now Breathe

<ul style="list-style-type: none">• It's time to focus on our breathing without using a moving object.• Find a comfortable place to lay flat on your back.• Close your eyes and focus on breathing.• As thoughts come into your mind – let them come and go. Bring your focus back to your breathing as you inhale, and then clear your mind as you exhale.	Did you complete this breathing exercise? Yes or No
--	---

Journaling Exercises

Throughout this 2-week course you will complete journaling exercises on all of the odd-days. On the even days, you will use calming music to help you clear your mind and focus on your breathing.

DAY 11

<p>Think of a friend or family member. List 1 of their most recent accomplishments that you admired.</p>	
<p>Now, write 3 sentences to your friend or family member describing why you are proud their accomplishment and how you believe that achievement will help them in the future.</p>	

Now Breathe

<ul style="list-style-type: none">• It's time to focus on our breathing without using a moving object.• Find a comfortable place to lay flat on your back.• Close your eyes and focus on breathing.• As thoughts come into your mind – let them come and go. Bring your focus back to your breathing as you inhale, and then clear your mind as you exhale.	<p>Did you complete this breathing exercise?</p> <p>Yes or No</p>
--	--

Journaling Exercises

Throughout this 2-week course you will complete journaling exercises on all of the odd-days. On the even days, you will use calming music to help you clear your mind and focus on your breathing.

DAY 13

List 3 benefits of completing this 2-week journaling routine.	
Choose 1 of the benefits listed above. How is that benefit related to your emotional health? Give evidence.	

Now Breathe

<ul style="list-style-type: none">• It's time to focus on our breathing without using a moving object.• Find a comfortable place to lay flat on your back.• Close your eyes and focus on breathing.• As thoughts come into your mind – let them come and go. Bring your focus back to your breathing as you inhale, and then clear your mind as you exhale.	Did you complete this breathing exercise? Yes or No
--	---