**Two Weeks of Fun & Meaningful Movement**

**3/30-4/10**

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| **Day 1:  FITT Principle** | **Activity:  FITT Principle**Watch this quick video to refresh yourself on the FITT principle. <https://www.youtube.com/watch?v=i00Iu70fMP0>Last week you represented Frequency. Today represents Intensity.   | **Each Day:  Did you get your hour of physical activity today? Use one of these WOD if you need some help!****http://bit.ly/33jYJKg** |
| **Day 2:  Flexibility** | **Activity:  Yoga**Participate in this video!  Remember stretching allows us to be more flexible.  This leads to better range of movement and prevents injuries.<https://www.youtube.com/watch?v=X655B4ISakg> |
| **Day 3:  Muscular Endurance & Strength** | **Activity:  Participate in this Indoor Fitness Trail**Click on the link below to check out this exciting activity. Print out included cards or write your own! [Indoor Fitness Trail](https://docs.google.com/document/d/1Zgmr16tXTVzn0JBQSynfx6itFDF_BB2XXeOnlW1aFmM/edit) |
| **Day 4:  5 for life review** | **Activity:  5 Components of Health-Related Fitness**Watch the video<https://www.youtube.com/watch?v=7TdbcF1REVk>Can you perform an exercise for each component of health related fitness:  Cardiorespiratory Endurance, Flexibility, Muscular Endurance and Muscular Strength?  Remember Body Composition simply means having a healthy balance of fat mass compared to lean mass.   |
| **Day 5:  SPECIAL EVENT****CITY WIDE #VBFITT** | **Activity:** Login to Schoology and your HPE course. There will be a video and google slide posted. This is an event that every HPE teacher in Virginia Beach got together and made just for you! You may even see an HPE teacher you know in it! Complete as many of the exercises as you can using house hold items and remember your not alone. Almost every student in Virginia Beach is doing this at the same time in their homes! |
| **Day 6:  Movement** | **Activity:  Self Passing (hand eye coordination)**Click on the link below.  You can use a small light ball, sock, or balloon. Complete the levels that you are comfortable with.  You can skip to 1:40 in the video to show the levels of self-passing.<https://www.youtube.com/watch?v=-RneuGZEumk&feature=youtu.be> |
| **Day 7:  Nutrition** | **Activity:  Build a plate**Watch the video below.[**https://www.youtube.com/watch?v=L9ymkJK2QCU**](https://www.youtube.com/watch?v=L9ymkJK2QCU)Can you build a plate that incorporates the food needed to keep you healthy? Write down your choices or draw a picture! You can even use a paper plate to create your plate.  |
| **Day 8:  Nutrition** | **Activity: Food Jokes**Check out this page full of food jokes with your family! Create a list or discuss with your family how many of these foods you eat within your diet**.**[**https://foodhero.org/sites/default/files/health-tools/food\_jokes\_master\_list.pdf**](https://foodhero.org/sites/default/files/health-tools/food_jokes_master_list.pdf) |
| **Day 9: Nutrition** | **Activity:  Track and Field Fuel Up**With your family check out this fun website called Track and Field Fuel Up.  <https://www.fns.usda.gov/apps/TrackAndField/index.html>Your character moves through Track and Field Activities as you answer nutrition questions! Answer correctly, try to win a gold medal!  | **Each day did you get 1 hour of physical activity?** |
| **Day 10:  Fitness** | **Activity:  GoNoodle**Get ready to dodge, duck and jump! Have fun!  <https://family.gonoodle.com/activities/danger-force><https://family.gonoodle.com/activities/not-dog-time-machine> |

**Special notes:** I miss all of you and am so thankful that I am lucky enough to be able to at least wave at many of you riding your bike or walking with your family while maintaining social distancing in the neighborhood.

For questions please email Njjensen@vbschools.com and I will try to respond as quickly as I can.

Additional Resources can be found at [www.3oakspe.weebly.com](http://www.3oakspe.weebly.com) or visit <https://www.smore.com/g2w87>

A new episode of waking up with Mr. J will premier each week! So don’t miss it.

Previous episodes can be found here: <https://www.youtube.com/channel/UC-gIFpEsOJRMZYrH7fNmepw/featured>

Don’t miss on April 4th our special virtual event #VBFITT that will be posted on schoology in your HPE folder.

Special thanks to Mrs. Connelly for a lot of this material!