



Personal Fitness Virtual Learning

Nutrition Workout

May 7, 2020



7/8th Grade Personal Fitness

Lesson: [May 7th 2020]

Learning Target:

Students will be able to analyze technique of selected exercises and track a personal activity log

Designs and implements a program to improve levels of health-related fitness and nutrition. (S3.M16.8)

Essential Question: How does fitness and nutrition make a healthy lifestyle?

Background: This is a review lesson from Personal Fitness semester one

- **Students will complete a workout designed for home**
- **Students will identify how nutrition is important in relation to fitness**

Let's Get Started:

1. **Follow this warm-up to get started!!**
 - [Warm-up video](#)

Practice #1

- Click on the [link](#) to the article
 - take notes on the [AVID](#) notes page; you have to make a copy before you are able to edit it
- In the color **RED**, write down 5 sources of carbohydrates

Practice #2

- Click on the link to watch a [video](#) about carbs vs protein for active people
 - focus on the answer to this question: which is better to eat after a difficult workout, carbs or protein?
 - type all notes on your AVID note page in **BLUE**

Practice on your own:

- Complete the workout [video](#)
 - this is a high endurance workout so modify it your specific limitations
 - after you complete the workout, list 3 foods that will restore your energy on your AVID note page

MORE Practice on your own:

1. Click on the link to update/start an activity log
2. [Daily Activity Log](#)
3. Make a copy of the spreadsheet in order to edit it
4. Reflection question: When preparing for a high endurance workout, which what type of diet is best for storing energy in your body?

Self Check:

Go tell someone in your home your answers.



1. Was this lesson?

- easy,
- just right
- hard

2. Find a workout to complete with someone in your house