



Personal Fitness Virtual Learning

Fitness Challenge

April 30, 2020



7/8th Grade Personal Fitness
Lesson: [April 30th 2020]

Learning Target:

Participates in physical activity 2 times a week outside of physical education class (S3.M3.7)

Essential Question:

Can I create a fitness challenge?

Warm up:

Quick Write: When you hear the phrase “a fitness challenge,” what do you think of?

Fitness challenge:

- A fitness challenge is an exercise or activity that is not easy to do with a certain goal in mind.
 - This is be a workout
 - An obstacle course
 - Running a mile or 5K
 - Exercising everyday for a week.
 - Riding a bike up a big hill without stopping.
 - Completing 100 squats in a day (the exercise can change).
 - Ect.



Fitness challenge example:

- Workout:
 - Here is an examples of a daily workout.
 - You can create your own or complete one of these for a fitness challenge.

DAILY WORKOUT CHALLENGE

100 JUMPING JACKS
10 CRUNCHES
10 SQUATS
10 PUSH UPS
10 BENCH DIPS
10 HEAD LIFTS (JAW)
10 SECOND REST
30 SECOND PLANK
10 SECOND REST
30 SECOND WALL SIT
10 SECOND REST
30 SECOND BACK STRETCH
10 SECOND REST
75 JUMPING JACKS
10 HEAD LIFTS (JAW)
10 BENCH DIPS
10 PUSH UPS
10 SQUATS
10 CRUNCHES
25 JUMPING JACKS

x2
NOW DO IT AGAIN



- 100 Jumping Jacks
- 10 Crunches
- 10 Squats
- 10 Push Ups
- 10 Dips- use a stair, a chair, a bed.
- 10 Head Lifts
- 10 Second Rest
- 30 Second Plank
- 10 Second Rest
- 30 Second Wall Sits
- 10 Second Rest
- 30 Seconds Back Stretch
- 10 Second Rest
- 75 Jumping Jacks
- 10 Head Lifts
- 10 Dipsi use a stair, a chair, a bed
- 10 Push Ups
- 10 Squats
- 10 Crunches
- 25 Jumping Jacks

Fitness challenge example:

- Workout:
 - Here is an examples of a daily workout.
 - You can create your own or complete one of these for a fitness challenge.

SUMMER OF 2013
daily fitness challenge

100 WORKOUT

100 JUMPING JACKS
90 CRUNCHES
80 LUNGES
70 JUMPING JACKS
60 CRUNCHES
50 LEG LIFTS
40 JUMPING JACKS
30 CRUNCHES
20 SQUAT JUMPS
10 BURPEES

THEN

10 BURPEES
20 SQUAT JUMPS
30 CRUNCHES
40 JUMPING JACKS
50 LEG LIFTS
60 CRUNCHES
70 JUMPING JACKS
80 LUNGES
90 CRUNCHES
100 JUMPING JACKS

www.noexcusesfit.me

- 100 Jumping Jacks
- 90 Crunches
- 80 Lunges
- 70 Jumping Jacks
- 60 Crunches
- 50 Leg Lifts
- 40 Jumping Jacks
- 30 Crunches
- 20 Squat Jumps
- 10 Burpees

Then.....

- 10 Burpee
- 20 Squat Jumps
- 30 Crunches
- 40 Jumping Jacks
- 50 Leg Lifts
- 60 Crunches
- 70 Jumping Jacks
- 80 Lunges
- 90 Crunches
- 100 Jumping Jacks

Fitness challenge example:

- Workout:
 - You can spell 5 different words for a workout.
 - For example, your first name, best friends name, favorite word, ect.



A= 30 Frog Kicks	N= 50 Mountain Climbers
B= 25 Push Ups	O= 20 Burpee
C= 100 Jump Rope	P= 100 Chair Dips
D= 50 Crunches	Q= 40 Burpees
E= 50 Body Squats	R= 100 Resistance Band Curls
F= 30 Crunches	S= 10 Walkout Push Ups
G= 1 Min Plank	T= 20 Ball Slams
H= 1 Min Plank	U= 1 Min Wall Sit
I= 40 Crunches	V= 50 Burpees
J= 25 Ab Wheel Roll Outs	W= 1 Min Plank
K= 30 Push Ups	X= 50 Jumping Jacks
L= 25 Jumping Jacks	Y= 40 Crunches
M= 1 Min Plank	Z= 50 Push Ups

Words must be at least 4 letters long for each word.

- A-30 Frog Kicks
- B-25 Push Ups
- C-100 Jump Rope
- D-50 Crunches
- E-50 Body Squats
- F-30 Crunches
- G- 1 minute Plank
- H- 1 minute Plank
- I- 40 Crunches
- J-25 Ab Wheel Roll Outs
- K-30 Push Ups
- L-25 Jumping Jacks
- M- 1 minute Plank
- N-50 Mountain Climbers
- O- 20 Burpee
- P-100 Chair Dips or Bed Dips
- Q-40 Burpee
- P-100 Chair Dips or Bed Dips
- Q-40 Burpee
- R-100 Band Curls
- S-10 Walkout Push Ups
- T-20 Ball Slams
- U- 1 min Wall Sit
- V-50 Burpee
- W- I min Plank
- X-50 Jumping Jacks
- Y- 40 Crunches
- Z-50 Push Ups

Fitness challenge example:

- Workout:
 - You can spell 5 different words for a workout.
 - For example, your first name, best friends name, favorite word, ect.

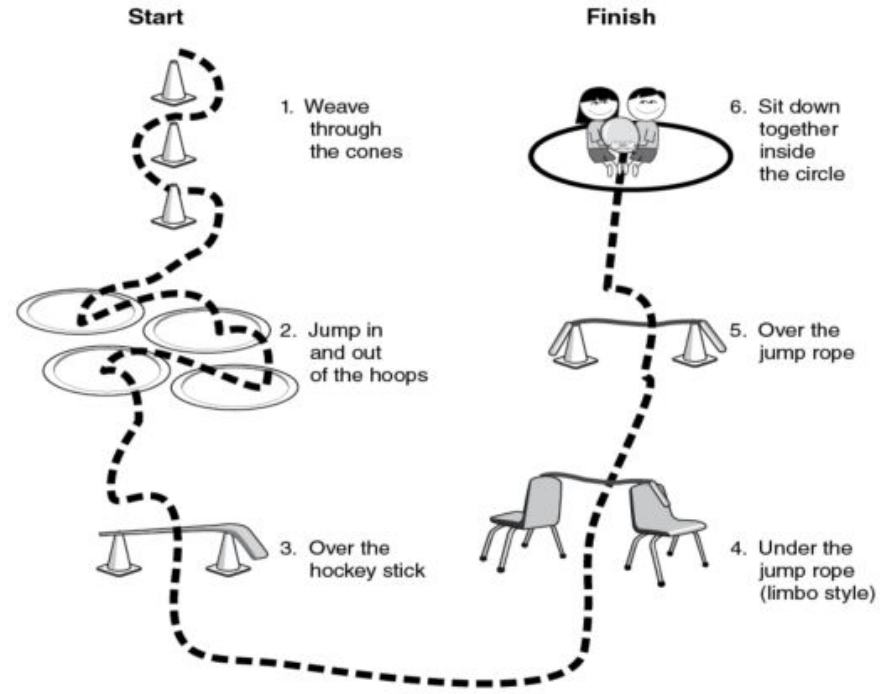


Words must be at least 4 letters long for each word.

- A-10 Crunches
- B-10 Jumping Jacks
- C-5 Push Ups
- D-5 Squat
- E-30 sec Wall Sit
- F-15 Arm Circles
- G-10 Mountain Climbers
- H-5 Burpee
- I-30 Second Plank
- J-10 Jump Squats
- K-10 Lunges (per side)
- L-15 Crunches
- M-20 High Knees
- M-20 High Knees
- N-10 Dips with chair, stair, bed, ect.
- O-10 Push Ups
- P-10 Squats
- Q- 20 Jumping Jacks
- R-30 second Planks
- S- 20 Bicycle Crunches
- T- 30 Second Wall Sit
- U- 5 Burpee
- V-20 Arm Circles
- W-10 Lunges
- X-10 Push Ups
- Y-20 High Knees
- Z-10 Burpees

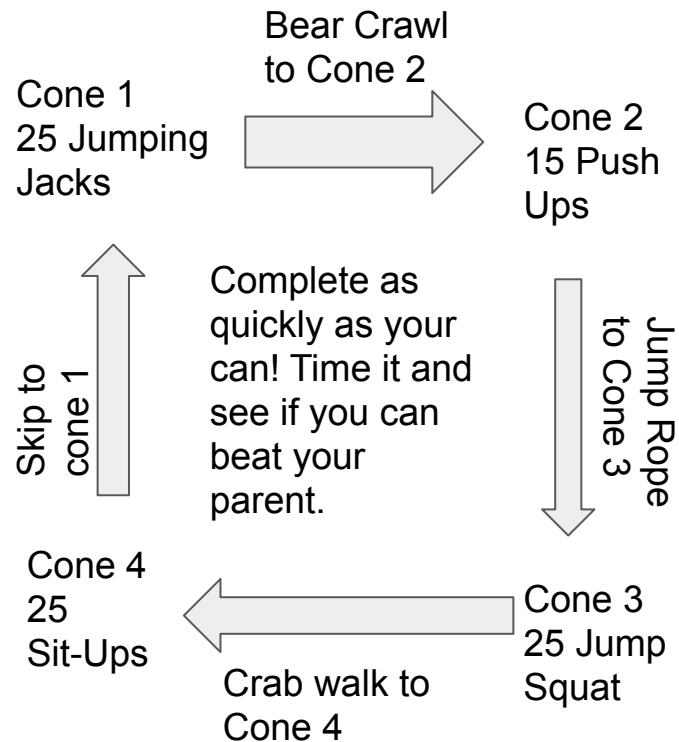
Fitness challenge example:

- Outdoor obstacle course:
 - Look around at things you can use around the house.
 - You can use this example to the right, but just change somethings. For example, instead of weave through the cones, you can hop on one foot through the cones.
 - Make sure you are being safe when making your course.
 - There is another example that can done in your yard.



Fitness challenge example:

- Outdoor obstacle course:
 - Here is another example that you can use. If you do not have cones, you can use shoes, boxes, balls. Ect. Again you can change the exercises.
 - [backyard obstacle how to video](#)



Fitness challenge example:

- 100 reps of a certain exercise.
 - Push ups
 - Curl ups
 - Squats
 - Lunges
 - Burpee's
 - Jump rope
 - Run a mile in 10 minutes or less
 - Ride a bike to the park and back three times in 15 minutes
 - Climb a tree in 15 seconds.

Remember, it must be challenging. If it is too easy, put a time limit on it or complete against a family member.



Time to reflect:

What challenge are you going to do? Why? (I provided several examples)

Are you going to create your own fitness challenge?

Whatever challenge you decide to do, send a picture of the challenge to your teacher via email.

Now it's time to complete the challenge and then reflect on it.

Was the fitness challenge hard to complete? Why or why not?

If you were to do the same challenge again, what would you change?

How do you feel after completing the challenge?

Have a great rest of your day!

**STRIVE FOR
PROGRESS
NOT PERFECTION**

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