

Mrs. Harmer Health & Fitness Assignment

Reminders:

- Everything is in TEAMS under the "Assignment" tab!
- Video Chat is every Thursdays 1:00-1:20
- Assignment due every Friday
- Assignment is worth 3 points a day (1 point for each question answered) total of 15 points per week

1. Choose from the following activities to do for 15 minutes each weekday!

- Jog or walk outside
- Help out with chores
- Pick an exercise video on YouTube.
- Play basketball
- Jump on a trampoline
- Ride your skateboard, scooter, or bike
- Do one of the quarantine workouts (from 2 weeks ago)
- Swimming
- Any other exercise you choose 😊

2. Answer the following questions each day. Type them right here on THIS paper (make sure to click edit document) Turn this in on teams!

*Note: The 4 Components of Fitness are:

- Muscular strength
- Muscular endurance
- Cardiorespiratory endurance
- Flexibility

Monday May 18:

- What exercise did you do? (Be specific)
- How did you feel?
- What component of fitness did you work?

Tuesday May 19:

- What exercise did you do? (Be specific)
- How did you feel?
- What component of fitness did you work?

Wednesday May 20:

- What exercise did you do? (Be specific)
- How did you feel?
- What component of fitness did you work?

Thursday May 21:

- What exercise did you do? (Be specific)
- How did you feel?
- What component of fitness did you work?

Friday May 22:

- What exercise did you do? (Be specific)
- How did you feel?
- What component of fitness did you work?