8th grade Health & Fitness

May 11th – 15th, 2020

Teacher Information

Mr. McHenry   shaunm@spokaneschools.org

Weekly Message

Thank you to everyone who tracked their activity last week and completed the workout. One good way to increase how much you are active is to establish a routine. Try and find a time that you can exercise each day and set an alarm to remind you at first. After a while you will have built the habit of being active every day without having to think about it.

Virtual Meeting

Thursday from 1:00-1:30

These meetings are primarily geared towards answering questions.

Student Expectations

New learning and assignments: To help maintain social distancing the lessons and assignments will be intended to be done individually or with the people that a student lives with. As requested by the students who attended the virtual meeting last week, I will be providing a workout each week along with a tracking sheet. Students should fill out the tracking sheets and submit them via Teams.

Equipment: Workouts will be provided that utilize bodyweight or additional weights of some kind. Some examples of things that could be used as weights that you might already have are jugs of water, backpacks full of books or clothes, cans of food, bags of beans or rice, hoses, ropes, rocks, etc. I have a variety of pieces of fitness equipment and will happily help you to make some too if you are inclined.

Communication: Students should check the announcements in Teams and their school email every school day. Students can email me if they have any questions and they can also bring questions to the virtual meeting.

Grading: Students are expected document the activities that they participate in on the weekly tracking sheets that should be submitted through Teams.

Scope and Sequence for the week:

Complete Bodyweight Workout #2 two times and Workout #1 one to two times this week. Document your workouts and at least 2-3 additional activities so that you have at least 5 activities documented.

Please email me if you have any questions and remember to get outside and get some fresh air.

Complete this tracking sheet each day and submit at the end of the week. The key thing is to be active at least 20 minutes every day. Active is going to be defined as moving with enough exertion to get your heart rate up into at least the 60% zone (at least 124 beats per minute) and sustained in that zone for at least 20 minutes total. If the activity is less intense like walking, then you should aim to double the time you are out engaging in it. Feel free to use a phone, heart rate monitor, fitness tracker, or other device to track your heart rate and other data.

Bodyweight Workout #2 (do this workout 2-3 times this week)

This is an EMOM body weight workout that simply requires your body and a bit of space. EMOM stands for Every Minute On the Minute. That means you do the prescribed number of reps within that minute and if you finish early you have a brief rest until the next minute starts. Remember to do each exercise with good form and at a speed that keeps your heartrate up. If you are sweating and breathing hard, then your heart rate is usually up in the appropriate training zones.

Minute 1: 45 jumping jacks

Minute 2: 10 burpees

Minute 3: 20 lunges

Minute 4: 5 m bear crawl (crawl out 8-9 "steps" and then go backwards the same distance)

Minute 5: 20 Cossack squats (no weight)

Minute 6: 10 seconds on/ 5 seconds off Hollow Rock

Minute 7: Rest

THE **HOLLOW ROCK**

Repeat 3 times

CrossFit

Day	Activity	Location	Time spent	Heart rate checks, level of perceived exertion, or other data
Example #1 *Wednesday 4/29*	*Bodyweight Workout #1*	*backyard*	*29 minutes*	*Heart rate 170* *Heart rate 152* *Heart rate 148* *Heart rate 180* *Sweating and out of breath the whole time*
Example #2 *Saturday 4/25*	*Hiking with my family*	*By the river*	*45 minutes*	*Only out of breath on uphill sections. 1 mile. 144 feet elevation lost and gained.*