

## 8<sup>th</sup> grade Health & Fitness

June 8<sup>th</sup>-12<sup>th</sup>, 2020

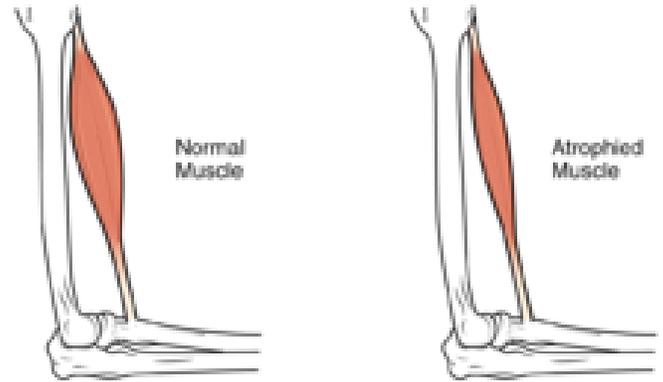
### Teacher Information

Mr. McHenry [shaunm@spokaneschools.org](mailto:shaunm@spokaneschools.org)

### Weekly Message

Muscle atrophy occurs when muscles are not used as much and they decrease in size and strength. It can be said that this is where the phrase “If you don’t use it, you

lose it” comes from. Luckily, physical activity staves off muscle atrophy. You don’t have to work at extreme levels to keep your muscles healthy, you just have to do enough to make them work. Your brain is very similar. If you don’t engage the brain in either new learning or repetitions of old learning then your brain doesn’t waste energy on keeping that information. Make sure to engage in a variety of learning and activities to keep your brain and body healthy and functional. **Don’t forget to document your activities on the attached tracking sheet and turn them in through the Teams.**



### 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 2-3 Bodyweight Workouts of your choice this week. Document your workouts and at least 2-3 additional activities so that you have at least 5 activities documented. **Don’t forget to turn your tracker in through Teams at the end of the week.**

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

June 8<sup>th</sup>-12<sup>th</sup> Workout and Tracker 8<sup>th</sup> Grade Health & Fitness

Choose 2-3 of the previous workouts to do that I have given you. 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.

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