



Physical Activities Grades 9–12

Fitness Activities & Physical Activity Knowledge

Please complete these activities with a sibling, parent, guardian, or family member!

<p>Fitness Activities</p>	<p>Follow the yoga sequence in this video that includes verbal descriptions of all movements. If you have another video you prefer, follow that one instead! https://www.youtube.com/watch?v=tnpYMHsp8QQ0</p>
<p>Muscular Strength -Knees together -Feet flat -Arms over chest</p>	<p>Complete 10 sit-ups. Complete at least 3 sets of 10 sit-ups resting at least 30 seconds in-between each set. If you want more of a challenge, increase the number of sets you complete. Count how many sit-ups you can complete!</p>
<p>Muscular Endurance -Back Straight -Core Engaged -Belly in towards back</p>	<p>Get into a plank position, keeping your core (stomach) muscles engaged. Keep your back straight. Time how long you can hold the plank position. Try each day to beat your score from the day before!</p>
<p>Flexibility <u>Dynamic</u> -Lunges, arm circles, walking toe touches <u>Static</u> -Butterfly, Arm across body, touch toes</p>	<p>Lead yourself through stretches both before and after you exercise. Before you exercise complete dynamic stretches, meaning stretches while you move. After exercising complete static stretches, meaning stretches while you are still. Pay special attention to all of the muscles that you exercised.</p>
<p>Cardiorespiratory Endurance</p>	<p>Go for a jog around the block with a partner. Have your partner either talk to you to guide you, have bell on their wrist for noise, or use a string as a tether. Each time you go jogging, try to go one more block than the previous day!</p>