

Name: _____ Teacher/Grade: _____

Physical Education E-day

Lancer Zone Fitness

Answer the questions below by researching them from a secured website. Ask parents, family, neighbors, or friends to help if needed.

1. Name the two places on your body to check your PULSE

A. _____ B. _____

2. Practice both ways and list which one you like best!

3. What is the HEART HEALTHY ZONE for children your age? _____

4. How much Heart Healthy Zone TIME does the CDC recommend for children your age to get each day?

5. Name 5 activities that you could be doing for a healthier you, instead of SCREEN TIME.

1. _____

2. _____

3. _____

4. _____

5. _____

**Using any household/outdoor item you choose, find a space outside and set up two land marks 60 feet apart. Complete the following activities, down and back, using the 60 foot distance. Place a checkmark beside each activity when completed. Be sure to use your new knowledge to check your PULSE/HEART RATE.

_____ RESTING PULSE/HEART RATE!

_____ Jog at 50%

_____ High-Knees.

_____ Grapevine.

_____ High knee skips

_____ Kick-backs

_____ Forward Lunges

_____ Jog at 75%

_____ Frankenstein Kicks

_____ WARM-UP PULSE/HEART RATE!

**Using a safe area at your home or in the community. Jog at a medium speed for 10 minutes, and then check your PULSE. Answer the questions below.

-Did you jog for 10 minutes? _____

-Did your Pulse SPEED UP, SLOW DOWN, or STAY THE SAME after jogging? _____

**Static Stretch: Complete the following static stretches. Place a check mark beside each activity when completed. Hold for 10 seconds on each activity. Be sure to use your new knowledge to check your PULSE/HEART RATE.

_____ Seated Pike

_____ Seated Straddle (left and then right)

_____ Butterfly

_____ Standing Pike

_____ Standing Straddle (middle)

_____ Flamingo Right and Left (Pull each foot back keeping knee down, one at a time)

_____ RESTING PULSE/HEART RATE!