

Agenda

What are we doing today?

- Learning Goal
- Vocabulary
- Warm-up: Darebee – Ice Age
- Activity: This or That – Healthy Food Options
- Cool Down: 5-minute Meditation
- Game for Home: Floor Air Hockey

What's Due?

- Exit Ticket – available in Announcements & under “Lesson Materials” Module

Learning



I can work hard at home to improve my physical fitness

I can use what I've learned about nutrition to improve my diet

Vocabulary

Carbohydrates: the sugar, starches or fibers found in food

- Found in a wide variety of healthy and unhealthy foods – bread, beans, milk, popcorn, potatoes, cookies, spaghetti, soft drinks, corn, pie, etc.
- Healthiest sources – unprocessed or minimally processed whole grains, vegetables, fruits and beans
- Unhealthier sources – processed or refined foods such as white bread, pastries, sodas, etc.
- 2 types: simple carbohydrates and complex carbohydrates

How do Carbohydrates impact your health?

ICE AGE

DAREBEE WORKOUT © darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 climbers



10 high knees



10 climbers



10 high knees



10 butt kicks



10 high knees



10 shoulder taps



10 high knees



10 shoulder taps

Warm-up: Ice Age

- ✓ 2 rounds of the following exercises:
 - ✓ 10 mountain climbers
 - ✓ 10 high knees
 - ✓ 10 mountain climbers
 - ✓ 10 high knees
 - ✓ 10 butt kicks
 - ✓ 10 high knees
 - ✓ 10 shoulder taps
 - ✓ 10 high knees
 - ✓ 10 shoulder taps



Activity: This or That – Healthy Food Choices

- ✓ Directions: You have 10 seconds to choose a food. You will perform the exercise that appears on the side of the food for 30 seconds.
- ✓ This or That - Health Food Choices

Cool Down: 5-Minute Meditation



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✓ **Directions:** Find a comfortable position and close your eyes. Listen to the video and follow along with the instructions

✓ **5-Minute Meditation You Can Do Anywhere**

Game for Home: Floor/Table Air Hockey

- Equipment needed:
 - 2 towels – rolled up
 - 2 square/round Tupperware lids
 - 1 small round Tupperware lid
- How to play:
 - Can set up on the floor – needs to be wood/laminate/etc.
 - Could set up on smooth table
 - Play like you would at the arcade! If the puck gets passed your opponent, you get a point
 - Play for points – first to XX wins – winner does less of an exercise than loser
- At Home Air Hockey