

Agenda

What are we doing?

Learning Goal

Vocabulary

Warm-up: Darebee License to Sweat

Activity: Canned Food Fitness

Cool Down: Stretching

What's due?

Exit Ticket – available in announcement & Live Lessons Materials Module

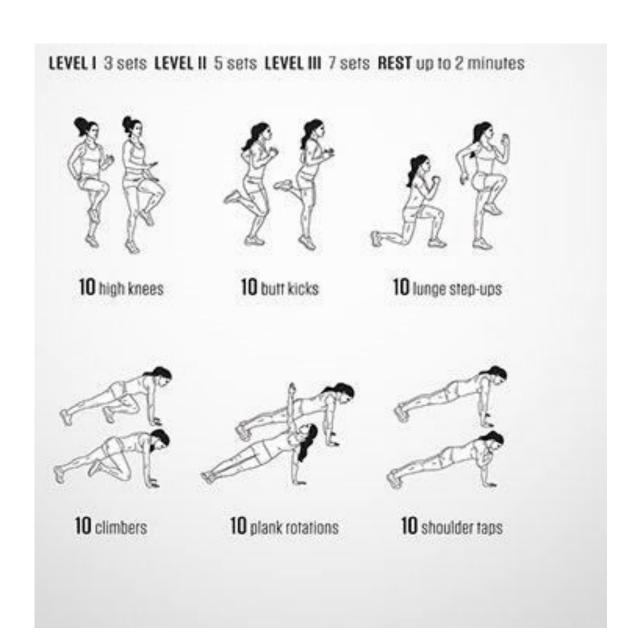


- I can work hard at home to improve my physical fitness
- I can use what I've learned about nutrition to improve my diet



Vocabulary

- <u>Nutrition</u> the study of nutrients in food, how the body uses them, and the relationship between diet, health and disease
- What is Nutrition?



WARM-UP: **DAREBEE** LICENSE TO SWEAT



Activity: Canned Food Fitness

Series of dumbbell challenges using canned foods – Each challenge is 1 minute long.

- Bicep Curls
- Abdominal Twisters
- Heel Lifts
- Plank Rows
- Crunch
- Lunges
- Bend ups
- Shoulder Raises
- Squats
- Standing Twisters
- Triceps Push

PE at Home: Canned Foot Fitness

COOL DOWN AFTER WORKOUT



COOL