

Lifetime Wellness (HPELW)  
Quarter 1  
Remote Learning  
Practice and Enrichment Packet



Hello SCS Family,

This resource packet was designed to provide students with activities which can be completed at home independently or with the guidance and supervision of family members or other adults. The activities are aligned to the TN Academic Standards for Health, Physical Education and Lifetime Wellness (HPELW) and will provide additional practice opportunities for students to develop and demonstrate their knowledge and understanding.

A suggested pacing guide is included; however, students can complete the activities in any order over the course of several days. Below is a table of contents which lists each activity.

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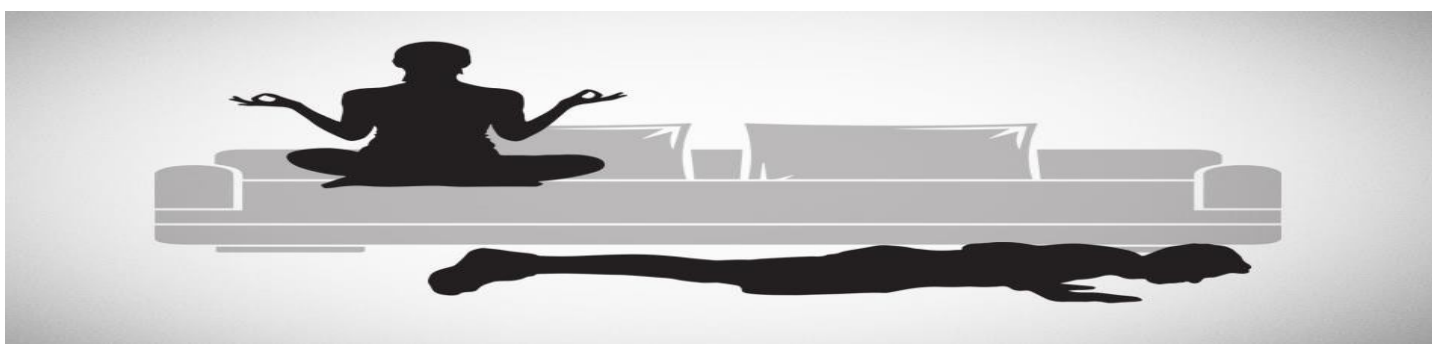
<b>Activity</b>	<b>Page Number</b>	<b>Suggested Pacing</b>
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## Week 1-5

### Lifetime Wellness-Aligned Learning: Personal Fitness-Activity 1

<b>Grade Level Standard(s)</b>	<p>Tennessee Department of Education Physical Education Learning Standards:</p> <ul style="list-style-type: none"> <li>• Component1: Motor Skills</li> <li>• Subcomponent: Fitness</li> </ul> <ul style="list-style-type: none"> <li>○ MS.17.6 Participates in a variety of aerobic fitness activities (step aerobics, jump rope, cardio kick boxing, aerobic dance).</li> <li>○ MS.19.6 Uses correct techniques for static stretching to improve flexibility behaviors and personal health</li> </ul> <ul style="list-style-type: none"> <li>• COMPONENT 3: FITNESS AND PHYSICAL ACTIVIY (FPA)</li> <li>• SUBCOMPONENT: PHYSICAL ACTIVITY KNOWLEDGE</li> </ul> <ul style="list-style-type: none"> <li>○ FPA.2.6 Identifies the 6 skill related fitness components (agility, balance, coordination, power, reaction time and speed).</li> </ul> <ul style="list-style-type: none"> <li>• COMPONENT 4: PERSONAL &amp; SOCIAL RESPONSIBILITY (PSR)</li> <li>• SUBCOMPONENT: PERSONAL &amp; SOCIAL BEHAVIOR</li> </ul> <p>PSR.1.6 Exhibits personal responsibility by using appropriate etiquette, respect for facilities and equipment and safe behaviors</p>
<b>Caregiver Support Option</b>	<p>Students will need to journal activity results.            Participation time will vary            Students may modify activity when needed</p>
<b>Materials Needed</b>	<p>Fitness journal, pencil, laptop or computer (media devise)</p>
<b>Question to Explore</b>	<ul style="list-style-type: none"> <li>• How can I improve my fitness zone?</li> <li>• How does rest time affect my endurance?</li> <li>• Why are set repetition important?</li> <li>• Which skill will I improve in the fastest?</li> </ul>
<b>Student Directions</b>	<p>Complete various sets of designed exercises for performance enhancement</p>
<b>Academic Vocabulary</b>	<p>Active lifestyle, Fitness, Cardiorespiratory Endurance, Muscular Endurance, Dynamic stretching,</p>

<p><b>Student Directions</b></p> <p>Personal Fitness</p> <p>30 Days of Yoga</p> <p><b>Assessment:</b></p>	<p>1.</p> <p>Objectives Students will:</p> <ul style="list-style-type: none"> <li>• Develop a personal fitness plan with developmental goals for physical activity for the quarter</li> <li>• Complete scheduled activities and journal your performance outcomes</li> <li>• Complete 10 days of Yoga</li> <li>• Select and replicate Yoga poses and activities</li> <li>• Reflect on challenges and successes</li> <li>• Make adaptations to meet their fitness goals now and in the future</li> </ul> <ul style="list-style-type: none"> <li>• At the end of each week, calculate the total number of minutes of activity for the week and record them on the tracker chart.</li> <li>• Journal goal completion and challenges</li> </ul> <p>Reflect on progress toward individual goals and accomplishments, as well. Celebrate progress!</p> <ul style="list-style-type: none"> <li>• You may find after a week or two that you do not enjoy a particular activity that was built into the weekly plan or you may find that the days you originally planned to be active are no longer compatible with your schedule. It is important that you work throughout the process to modify your plan as needed.</li> </ul>
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### Personal Fitness

High Burn and Strength oriented workouts will help you with your weight, aerobic capacity and muscle tone, some are just more specialized, but it doesn't mean you should exclusively focus on one or the other. Whatever your goal with bodyweight training you'll benefit from doing exercises that produce results in both areas.

### Yoga

Yoga will help to improve your flexibility, balance and coordination, help with lower back pain and allow you to connect and get in sync with your body and mind.

This collection has been designed to be completely no-equipment for maximum accessibility so several bodyweight exercises like pull-ups have been excluded. If you want to work on your biceps and back more and you have access to a pull-up bar, have one at home or can use it somewhere else like the nearest playground (monkey bars), you can do wide and close you can do wide and close grip pull-ups, 3 sets to failure 2-3 times a week with up to 2-minutes rest in between sets in addition to your training. Alternatively, you can add pull-ups at the beginning or at the end of every set of a Strength Oriented workout.

## Activity 1 Personal Fitness

### Introduction to Darby Fitness Workouts

Week	Planned Physical Activities	Online information
Week 1	White Rabbit-Lead in exercise 5 sets in total/ 2-minute rest before sets <ul style="list-style-type: none"> <li>• 20 raised arm circles</li> <li>• 20 side jacks</li> <li>• 20 raised arm circles</li> <li>• 20 march steps</li> <li>• 20 raised arm circles</li> <li>• 20 march steps</li> </ul>	
Week 2	Rascal 5 sets 2 minutes between sets <ul style="list-style-type: none"> <li>• 10 high knees</li> <li>• 2 jumping lunges</li> <li>• 10 high knees</li> <li>• 2 jumping lunges</li> <li>• 10 high knees</li> <li>• 2 jumping lunges</li> <li>• 10 high knees</li> <li>• 2 jumping lunges</li> <li>• 10 high knee</li> <li>• 2 jumping lunges</li> </ul>	

Week 3	<p>Burn Off</p> <p>Level 1 3 sets 2 minutes rest between sets</p> <ul style="list-style-type: none"> <li>• 30 high knee</li> <li>• 30 scissor chops</li> <li>• 30 high knee</li> <li>• 30 scissor chops</li> <li>• 30 high knees</li> <li>• 30 arm circles</li> </ul>	
Week 4	<p>Sweat Session</p> <p>5 sets/ 2-minutes rest between sets</p> <ul style="list-style-type: none"> <li>• 10 jumping jacks</li> <li>• 2 lunges</li> <li>• 10 jumping jacks</li> <li>• 2 lunges</li> <li>• 10 jumping jacks</li> <li>• 2 lunges</li> <li>• 10 jumping jacks</li> <li>• 2 lunges</li> <li>• 10 jumping jacks</li> <li>• 2 squats</li> </ul>	
Week 5	<p>Epic Five</p> <p>Epic Five is a five-minute a day no-equipment fitness program.</p>	<p>No registration</p> <p><a href="https://darebee.com/programs/epic-">https://darebee.com/programs/epic-</a></p>

	<p>It can be recycled indefinitely or used as an add-on to any other training you are already doing. It includes cardio, strength (upper body and lower body), abs and core, and challenge days. Each workout is only five minutes long but each one is intense. You can make it easier by splitting the total routine into manageable sets and rest for as long as you need or you can make it EPIC and do everything in one go.</p> <p>Day 1 Cardio</p> <p>Split into manageable sets</p> <ul style="list-style-type: none"> <li>• 30 sec march steps</li> <li>• 30 sec high knees</li> <li>• 30 sec march steps</li> <li>• 30 sec high knees</li> <li>• 30 sec march steps</li> <li>• 30 sec high knees</li> <li>• 30 sec march steps</li> <li>• 30 sec high knees</li> <li>• 30 sec march steps</li> <li>• 30 sec high knee</li> </ul> <p>Day 2 Upper-body Strength Modified: do knee push ups Intermediate: Complete everything non-stop</p> <ul style="list-style-type: none"> <li>• 30sec push-ups</li> <li>• 30sec bicep extensions</li> <li>• 30sec push-ups</li> <li>• 30sec bicep extensions</li> <li>• 30sec push ups</li> <li>• 30sec bicep extension</li> <li>• 30 sec push-ups</li> <li>• 30sec bicep extension</li> </ul> <p>Day 3 Lower body strength</p> <ul style="list-style-type: none"> <li>• 1min lunges</li> </ul>	<p><a href="#">five.html</a></p> <p><a href="https://darebee.com/programs/epic-five.html?start=4">https://darebee.com/programs/epic-five.html?start=4</a></p> <p><a href="https://darebee.com/programs/epic-five.html?start=5">https://darebee.com/programs/epic-five.html?start=5</a></p>
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	<ul style="list-style-type: none"><li>• 1min side leg raises</li><li>• 1 min reverse lunges</li><li>• 1min calf raise</li><li>• 1 min deep lunges</li></ul> <p>Day 4 Abs &amp; Core</p> <ul style="list-style-type: none"><li>• 1 min crunches</li><li>• 1 min flutter kicks</li><li>• 1 min side twist</li><li>• 1 min raised leg circles</li><li>• 1 min side leg lifts</li></ul> <p>Day 5 Challenge</p> <p>5 min raised arm hold</p>	
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# white rabbit

OAREBEE WORKOUT © [darebee.com](http://darebee.com)

5S81S in 10 | 2 minutes res, between S&S



20 raised arm circles



20 side lunge



20 raised arm circles



20 march steps



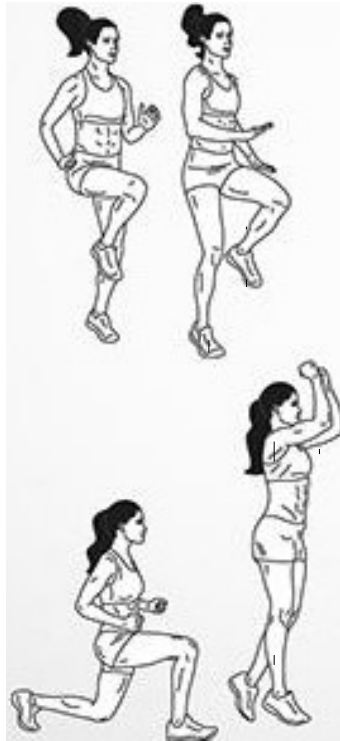
20 raised arm circles



20 march steps

# Rascal

DAREBEE WORKOUT © [darebee.com](http://darebee.com)  
5 sets | 2 minutes rest between sets



10 high knees  
2 fump lunges  
10 high knees  
2 1 up 1 lunges  
10 high knees  
2 1 up 1 lunges  
10 high knees  
2 1 up 1 lunges  
done

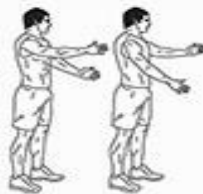
# BURN OFF

DAREBEE WORKOUT © darebee.com

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



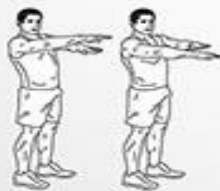
**30** high knees



**30** scissor chops



**30** high knees



**30** arm scissors



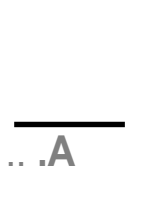

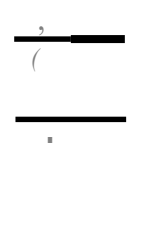


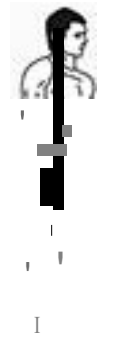
**30** high knees

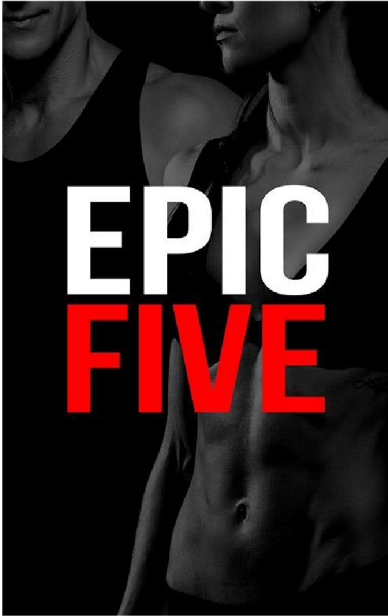


**30** raised arm circles

# SIJERT SESSION

0AEE WORKOUT © darebeem  
5 se1s | 2 m1nu1es restbe1ween se,s

	 <p>A</p>	<p><b>10</b> Jumpinglacks 2JumpSQUals</p>
	 <p>A</p>	<p><b>10</b> Jumpinglacks 2JumpSQua1s <b>10</b> Jumpingiacks 2Jump SQU3IS</p>
		<p><b>10</b> Jumpinglacks 2JumpsQua1s <b>10</b> Jumpingjacks 2JumpSQua1s done</p>



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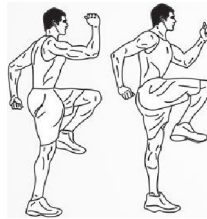
# EPIC FIVE

darebee.com

## Day 1 | Cardio

Split into manageable sets.  
Take as much rest as you need.

**MAKE IT EPIC**  
complete everything in one go,  
non-stop



**30sec** march steps

**30sec** high knees

**30sec** march steps

**30sec** high knees

**30sec** march steps

**30sec** high knees



**30sec** march steps

**30sec** high knees

**30sec** march steps

**30sec** high knees

done

# EPIC FIVE

© darebee.com

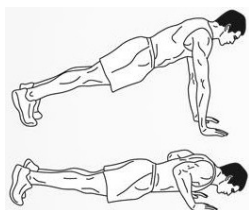
## Day 2 | Upperbody Strength

Split into manageable sets.  
Take as much rest as you need

Note: you can replace  
bicep extensions with punches

**MAKE IT EASIER:** do knee push-ups

**MAKE IT EPIC:** complete everything  
in one go, non-stop



**30sec** push-ups

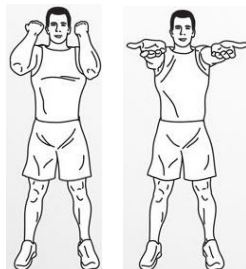
**30sec** bicep extensions

**30sec** push-ups

**30sec** bicep extensions

**30sec** push-ups

**30sec** bicep extensions



**30sec** push-ups

**30sec** bicep extensions

**30sec** push-ups

**30sec** bicep extensions

done

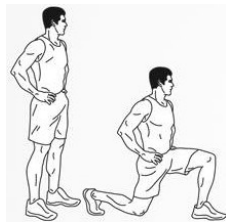
# EPIC FIVE

rw [darebee.com](http://darebee.com)

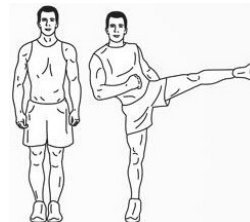
## Day 3 | Lowerbody Strength

Split into manageable sets.  
Take as much rest as you need.

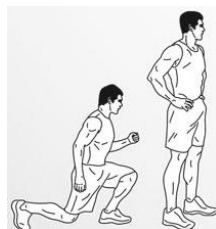
**MAKE IT EPIC**  
complete everything in one go,  
non-stop



**1 min** lunges



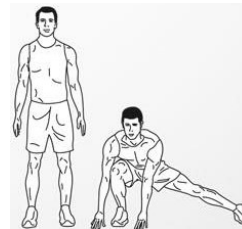
**1 min** side leg raises  
(30sec per side)



**1 min** reverse lunges



**1 min** calf raises



**1 min** deep side lunges

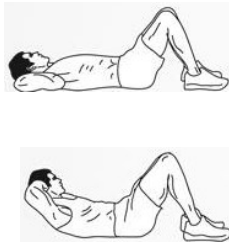
# EPIC FIVE

(C) [darebee.com](http://darebee.com)

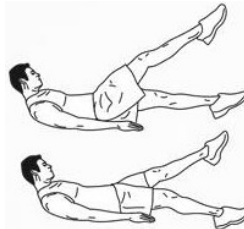
## Day 4 | Abs & Core

Split into manageable sets.  
Take as much rest as you need.

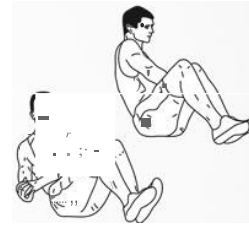
**MAKE IT EPIC**  
complete everything in one go,  
non-stop



**1 min** crunches



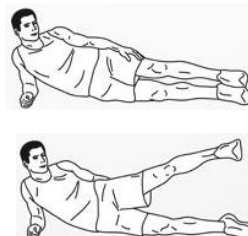
**1 min** flutterkicks



**1 min** sitting twists



**1 min** raised legs  
circles (30sec each  
way)



**1 min** sideleg  
raises (30sec per  
side)



# EPIC FIVE

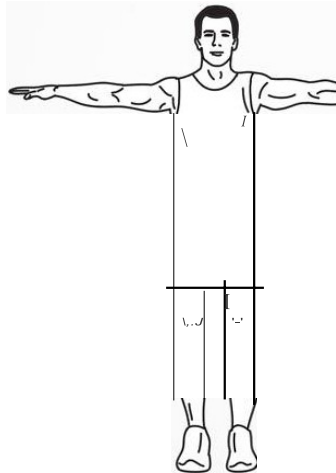
© darebee.com

## Day 5 | Challenge

Split into manageable sets.  
Take as much rest as you need.

### MAKE IT EPIC

complete the challenge in one go,  
non-stop



**5minutes** raised arm hold  
keep your arms up, don't drop th

## Week 6-9

### Lifetime Wellness-Aligned Learning: 30 Yoga Days -Activity 2

<b>Grade Level Standard (s)</b>	<p>Tennessee Department of Education Physical Education Learning Standards:</p> <ul style="list-style-type: none"> <li>• Component1: Motor Skills</li> <li>• Subcomponent: Fitness</li> </ul> <ul style="list-style-type: none"> <li>○ MS.17.6 Participates in a variety of aerobic fitness activities (step aerobics, jump rope, cardio kick boxing, aerobic dance).</li> <li>○ MS.19.6 Uses correct techniques for static stretching to improve flexibility behaviors and personal health</li> </ul> <ul style="list-style-type: none"> <li>• COMPONENT 3: FITNESS AND PHYSICAL ACTIVIY (FPA)</li> <li>• SUBCOMPONENT: PHYSICAL ACTIVITY KNOWLEDGE</li> </ul> <ul style="list-style-type: none"> <li>○FPA.2.6 Identifies the 6 skill related fitness components (agility, balance, coordination, power, reaction time and speed).</li> </ul> <ul style="list-style-type: none"> <li>• COMPONENT 4: PERSONAL &amp; SOCIAL RESPONSIBILITY (PSR)</li> <li>• SUBCOMPONENT: PERSONAL &amp; SOCIAL BEHAVIOR</li> </ul> <p>PSR.1.6 Exhibits personal responsibility by using appropriate etiquette, respect for facilities and equipment and safe behaviors</p>
<b>Caregiver Support Option</b>	<p>Students will need to journal activity results. Participation time will vary Students may modify activity when needed</p>
<b>Materials Needed</b>	<p>Fitness journal, pencil, laptop or computer (media devise)</p>
<b>Question to Explore</b>	<ul style="list-style-type: none"> <li>• How can yoga improve my skill performance?</li> <li>• Compare and contrast yoga and meditation</li> <li>• How does rest time affect my endurance?</li> <li>• Why is breathing important in yoga?</li> <li>• Which skill(s) was/were the most challenging for me? Why?</li> <li>• What did I learn about myself?</li> </ul>
<b>Student Directions</b>	<p>Complete various sets of designed exercises for performance enhancement</p>
<b>Academic Vocabulary</b>	<p>Meditation, relaxation, muscle strength, flexibility, breathing, diaphragm, Dynamic stretching,</p>



Activity 2 Yoga	Outcomes	Resources
Everyday yoga	<p>Everyday Yoga gives you a workout you can do every day, any day to activate your body, keep your muscles supple and increase your flexibility. It's gentle enough to not tire you out which makes it ideal for those days when you really have a full load but still want to work out. Yet, it targets the whole body and works enough muscle groups to ensure that you're not losing ground on your fitness goals because of inactivity.</p> <p>Everyday Yoga Poses</p> <ul style="list-style-type: none"> <li>• Deep lung with twist</li> <li>• Downward dog</li> <li>• Upward dog</li> <li>• Cat pose</li> <li>• Cow pose</li> <li>• Pigeon pose</li> </ul>	<p><a href="https://darebee.com/workouts/everyday-yoga-workout.html">https://darebee.com/workouts/everyday-yoga-workout.html</a></p>
30 Days of Yoga	<p>30 Days of Yoga will improve flexibility, balance and coordination, help with lower back pain and allow you to connect and get in sync with your body and mind.</p> <p><i>Instructions:</i> Simply follow the moves from 1 to 8 (or 1 to 12 depending on the day), switch sides and repeat the sequence and you are done for the day.</p> <p>Every third day of the program is dedicated to meditation.</p> <p>The built-in time will let you know when to change poses and when to change sides to repeat the sequence.</p>	<p><a href="https://darebee.com/programs/30-days-of-yoga.html">https://darebee.com/programs/30-days-of-yoga.html</a> free, no registration</p>

# EVERYDAY

# YOGA

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

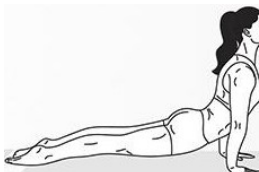
Hold each pose for 20 seconds then move on to the next one.  
Repeat the sequence again on the other side.



deeplunge with twist



downward dog



upward dog



catpose



cowpose



pigeonpose

30 days of  
**YDGA** [bee.com](http://bee.com)



iiiiideac:11... fJ'Xl... Jhfrl... CIII... IIIYIOI  
RfOalhi''''CS Clnfric11111111s0L

30 days of  
**YDGA** [bee.com](http://bee.com)



30 days of  
**YOGA** Day 3  
[darabee.com](http://darabee.com)



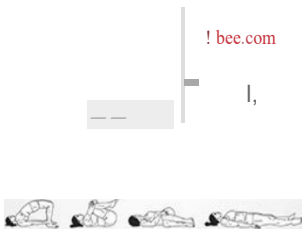
5 minutes  
meditation

30 days of  
**YOGA** Day 4  
[darabee.com](http://darabee.com)



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30 days of  
**YDGA** [bee.com](http://bee.com)



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30 days of  
**YDGA** [bee.com](http://bee.com)



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30 days of  
**YOGA** Day  
[darabee.com](http://darabee.com)



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30 days of  
**YOGA** Day  
[darabee.com](http://darabee.com)

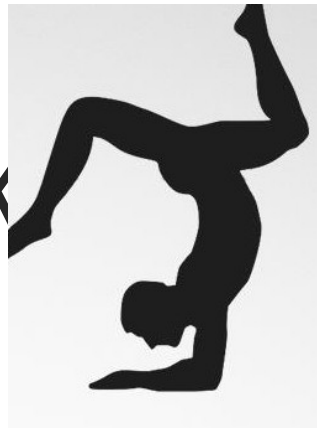


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# YOGA WEEK

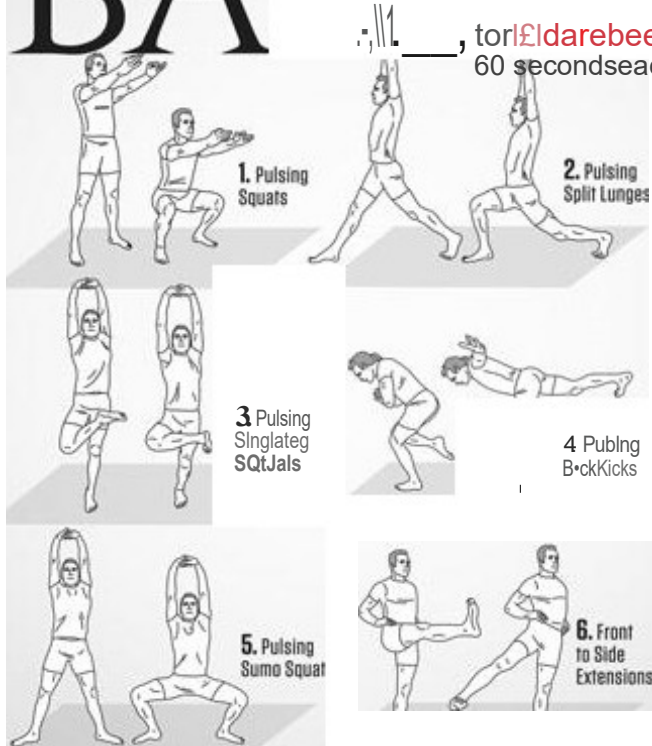
7DAYS- 7YOGA WORKOUTS



# SOLID BAS

YOGA WORKOUT  
by SPYROS CAPNIAS  
GARLANDA NADA

for [idarebee.com](http://idarebee.com)  
60 seconds each





# EXPANSE

<https://darebee.com/workouts/expanse-workout.html>

YOGA WORKOUT by SPYROSKAPNIAS GARUOANAHA  
for DARBEE ©darebee.com

LEVEL I 5reps LEVELII 10reps LEVEL III 20 reps each  
plank holds: LEVEL IV- 5-count LEVEL II 10-count ! LEVE III 20-  
count



plank rotations Side plank rotations plank rotations side plank rotations



side plank raises Pitnhold 111Sh...o olaotoold iilMTiwanSlno wm 11log



o,,,,,,,,,11loglegralses 111811iVievorrth:ld - 11loglegralses il'n;'lo;otaotillld



yoga for abs  
 by SPYKOSKAPNAGARLDANANDA  
 for DAREBEE © darebee.com  
 LEVEL I 20 seconds each  
 LEVEL II 30 seconds each  
 LEVEL III 60 seconds each

1. Boat Pose Hold



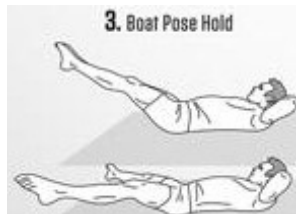
2. Leg Raises (90 degrees)



3. Boat Pose Hold



4. Boat Hold (slow, Kicks)



5. Raised legs (30 degrees)



6. Leg Raises (90 degrees) • 1 minute

# REARWARD

yoga for upper & lower back  
 by SPYASOKAPNIAS CAUOANANDA  
 for DAREBEE ©  
[darebee.com](http://darebee.com)

LEVEL I 20 seconds each  
 LEVEL II 30 seconds each  
 LEVEL III 60 seconds each



1. back extension locks    2. Back extension handsoff    3. reverse lift kicks



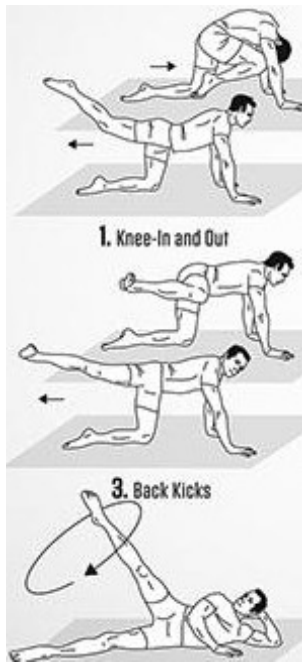
4. back extension hold    5. everselegralet    6. dvnamicbows



7. mt!rsell!dfert!cks    8. reverse raise hold    9. btck extenslöll oc tholl

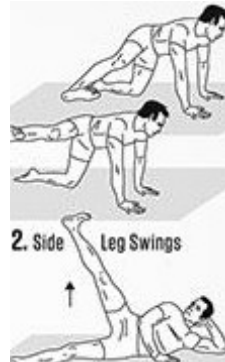
# Ground Control

yoga for glutes  
 by SPVROSLI APNIA SOARUO ANANO A  
 for OAREBEE (CJ darebe.com)  
 LEVEL I 30 seconds each  
 LEVEL II 40 seconds each  
 LEVEL III 60 seconds each



1. Knee-In and Out

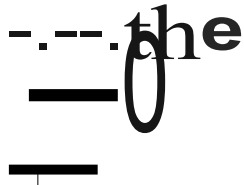
3. Back Kicks



2. Side Leg Swings

4. 1e0 Raises Up & 10the Slii•

6. S. nie 1t 18l 10t S



vogaworkout  
 by SPVROSKAPNIAS GARUOANANO  
 tor© darebee.com  
 LEVEL I 20 seconds  
 LEVEL II 30seconds

LEVEL III 60seconds



1. Elbow Tuck: Fold & Hold (each)

2. lock: fold & Hold (each side)



3. Kindslock & Exlend\*re-eatedJy

Pigeon Pose: fold & Hold (each side)



5. Footlock & Hog\* repealedlymb



6. IOIW81dloIII & Hold

# Dynamic Plank

<https://darebee.com/workouts/dynamic-plank-workout.html>

LEVEL I 20seconds LEVEL II 40seconds LEVEL III 60seconds hold  
each pose before moving for 3seconds



1. Triceps and Shoulder Planks

2. Knee and Elbow Planks



3. Push-up to Plank to Downward Dog

4. Push-up to Plank to Upward Dog



5. Knee and Elbow Planks

6. Upward Dog to Back Kick



7. Plank to Roll on Back and Reach

8. Push-up to Plank to Side Plank

