

Physical & Health Education – High Intensity Exercise

Curriculum: Physical Health Education	Learning Goals: -Participate daily in physical activity at moderate to vigorous intensity levels -Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments
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Materials

- Safe space for movement (indoors or outdoors)
- Video: <https://www.youtube.com/watch?v=Vgwww4VTw7Y&app=desktop>
- Extension video: <https://family.gonoodle.com/channels/fresh-start-fitness>

Activities



-What is high intensity exercise? High intensity exercise incorporates short bursts of vigorous exercise. Tabata cardio is a workout that is 4 minutes long that consists of 8 sets of 20 seconds of high intensity exercise followed by 10 seconds of rest.

-Try this [Tabata Cardio](#) workout

Extension:

-Pick a [Fresh Start Fitness](#) video to follow