

Physical & Health Education – High Intensity Exercise

Curriculum: Physical Health Education	Learning Goals: -Participate daily in physical activity designed to enhance and maintain health components of fitness -Develop, refine, and apply 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 interval training? High intensity interval training, also known as HIIT, is a form of exercise that incorporates short bursts of intense exercise with brief periods of rest or lower intensity exercise. One example of HIIT is Tabata cardio. Tabata cardio is a workout that is 4 minutes long that consists of 8 sets of 20 seconds of exercise at maximum effort level followed by 10 seconds of rest.

-Try this [Tabata Cardio](#) workout

Extension:

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