

## Physical & Health Education – High Intensity Exercise

<b>Curriculum:</b> Physical Health Education	<b>Learning Goals:</b> -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
---	--

### 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