



7th Grade

Life Fitness

Choice Board

<p><u>CODE WORD</u></p> <p>While watching TV or a movie, pick a code word that is heard many times throughout the show. Every time you hear that code word...do 20 jumping jacks.</p> <p>Code words: should depend on the movie being watched and a word you might hear often.</p>	<p><u>Nutrition</u></p> <p>Using the link: Calorie Calculator find your recommended calorie intake based on your activity level-per day. As you go about your day look at food labels and chart how many calories you actually consume. Are you staying within your daily recommended amount?</p> <p>*Email me about your observations</p>	<p><u>Paper Plate Workout</u></p> <p>In plank position with paper plates under your feet.</p> <p>*this is best done on carpet*</p> <p>Complete 30 seconds of each exercise you see in the video.</p> <p>Paper plate workout</p>
<p><u>Gratitude Practice</u></p> <p>We talked about a practice of relieving stress is gratitude. See document posted on my canvas called ABC's of gratitude. Here is also a Youtube video on gratitude. Fill it in and if you want to snap a picture and send it to me...please do</p>	<p><u>Agility Ladder</u></p> <p>Make a ladder on the ground with tape or chalk.</p> <p>Check out the video below and choose 5 exercises and repeat those 5 exercises 5x.</p> <p>Agility Ladder Examples</p>	<p><u>Important Sleep</u></p> <p>Read the linked article and take the next week to track how many hours you are sleeping. Are you sleeping enough?</p> <p>Sleeping Teen Health</p> <p>*Email me your sleep log for the week.</p>

<p>Coin Toss Workout</p> <p>See the below sheet for the coin toss workout.</p>	<p>Continued learning</p> <p>Each week, select ONE TED Talk and watch it (see additional sheet). Fill out the worksheet for each TED Talk you watch (see additional sheet on canvas). Feel free to send it to me once you are done.</p>	<p>Workout of the Day</p> <p>Complete the Darebee Workout of the day. Click the link below and get working.</p> <p>Darebee.com</p>
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DIY Coin Toss Workout

Live life on the wild side

DIRECTIONS:

- Make a list of exercises for Heads & Tails. Include a variety of cardio, strength, and stretching exercises for the whole body.
- Flip a coin to see what your workout will be.
- Play on your own or take turns flipping the coin with a friend and doing the exercises together.

YOU WILL NEED:

- A coin
- Space to workout about the size of a yoga mat
- Sneakers & a water bottle

COIN TOSS	<i>HEADS</i>	TAILS
Toss #1	<i>10 jumping Jacks</i>	10 sit ups
Toss #2	<i>60 sec. high knees</i>	15 sit ups
Toss #3	<i>30 second plank hold</i>	20 squats
Toss #4	<i>30 second Mountain Climbers</i>	5 burpees
Toss #5	<i>30 second ski jumps</i>	10 Jumping Jacks
Toss #6	<i>15 sit ups</i>	60 sec. high knees

Toss #7	<i>5 burpees</i>	10 arm circles
Toss #8	<i>10 arm circles</i>	30 second Mountain Climbers
Toss #9	<i>20 squats</i>	30 second plank hold
Toss #10	<i>30 alternating lunges</i>	30 second ski jumps