


















ACTIVE HOME PHYSICAL EDUCATION: HIGH SCHOOL SOCIAL DISTANCING (Invisible Dumbbells)

Complete the activity with a friend or family member. Don't forget to log your daily physical activity time.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
My Learning Goals	I will demonstrate perfect exercise form during all Darebee fitness and Invisible Dumbbell activities.	I will minimize fatigue by following a sleep routine at night. This will help give my mind and body the rest that I need.	I will use the perceived exertion chart to self-assess the intensity of my daily physical education time.	I will focus on proper technique while performing Darebee and Invisible Dumbbell activities.	I will demonstrate proper exercise form as an essential part of my injury prevention practice.
Today's Vocabulary	EXERCISE FORM A specific way of performing a physical activity or movement to promote safety, enhance benefits, and avoid injury.	FATIGUE Extreme tiredness, generally resulting from physical or mental exertion.	PERCEIVED EXERTION How hard an individual feels her/his body is working during a bout of physical activity or exercise.	TECHNIQUE A skillful or efficient way of performing an activity.	INJURY PREVENTION Deliberate actions, routines, and systems intended to stop harm from happening.
Warm-Up Activity	Chosen One (Darebee)	The Bard (Darebee)	Chosen One (Darebee)	The Bard (Darebee)	Choice
Learning Focus Activity	Activity 1: Invisible Dumbbells Perform the following stations: Biceps Curl Dumbbell Crunch	Activity 2: Invisible Dumbbells Perform the following stations: Dumbbell Crunch Dumbbell Lunges	Activity 4: Invisible Dumbbells Perform the following stations: Dumbbell Lunges Plank Rows	Activity 5: Invisible Dumbbells Perform the following stations: Plank Rows Dumbbell Squats	Activity 5: Invisible Dumbbells Perform the following stations: Dumbbell Squats Triceps Push
Daily Movement Activity	Good Morning (Darebee)	Good Morning (Darebee)	Good Morning (Darebee)	Good Morning (Darebee)	Good Morning (Darebee)
Refocus	Choose a Guided Meditation	Choose a Guided Meditation	Choose a Guided Meditation	Choose a Guided Meditation	Choose a Guided Meditation
Did You Complete the Fitness Log?	Yes or No	Yes or No	Yes or No	Yes or No	Yes or No
How am I feeling today?	  	  	  	  	  

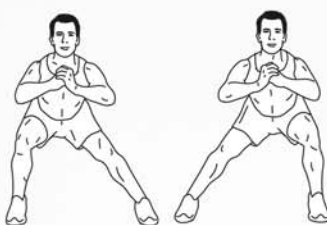
CHOSEN ONE

DAREBEE WORKOUT @ darebee.com

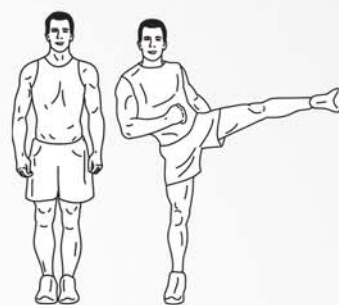
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



8 reverse lunges



4 side-to-side lunges



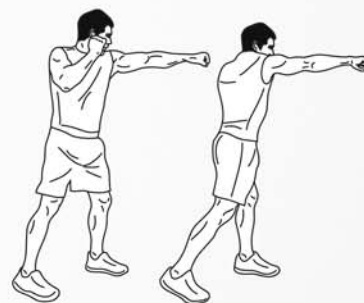
20 side leg raises



8 reverse lunges



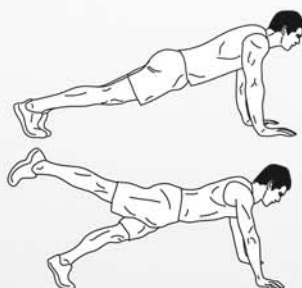
4 calf raises



20 punches



8 reverse lunges



4 plank leg raises

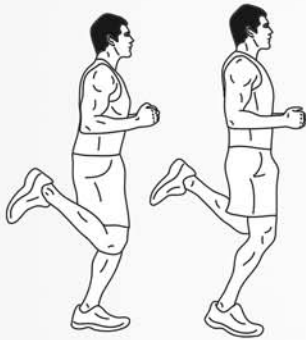


8 plank rotations

THE BARD

DAREBEE WORKOUT @ darebee.com

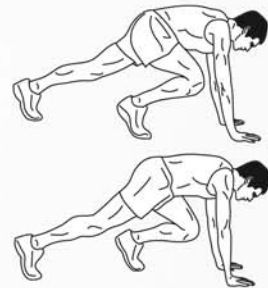
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



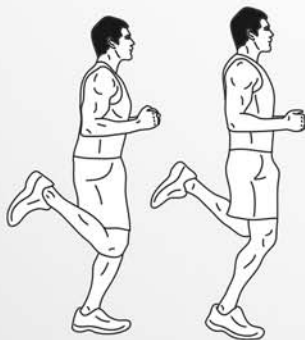
20 butt kicks



20 high knees



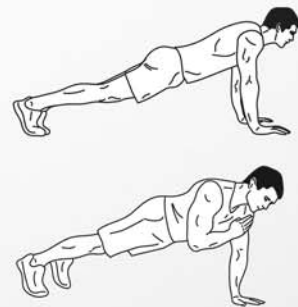
10 climbers



20 butt kicks



20 high knees



10 shoulder taps

INVISIBLE DUMBBELL FITNESS STATIONS

Notes to instructors:

Help students work on muscular fitness without the heavy lifting! These cards are designed to be set up in station format with small groups of students working at each station. Time each station interval for 30 seconds to 2 minutes. Students perform the exercise on the card and then rotate to the next station.

As with any game or activity resource, it's up to you to assess the needs and abilities of the students under your supervision. Modify these activities as needed to meet the requirements of your space, group size, and age ranges.

The pages of this packet are designed to be used as station cards. The instructions can be read and explained by older and more mature students. However, we strongly recommend teaching each exercise to the group before allowing students to work independently.

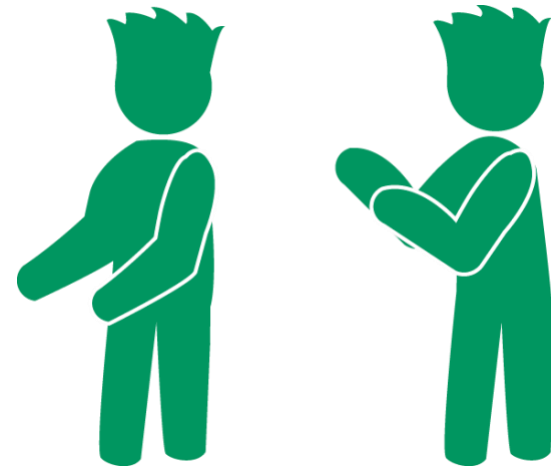
Every page includes a reminder to practice safe social distancing. All of the exercises in this packet were designed to allow students to remain a minimum of 6 feet apart and *DO NOT* require them to use or share equipment.



Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.

INVISIBLE DUMBBELL BICEPS CURL

- Stand tall, feet shoulder-width apart, holding invisible dumbbells at your hips.
- Curl both invisible dumbbells up toward your shoulders.
- Lower your arms and repeat.



Muscle Focus: Biceps

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US Games

MOVEMENT
MADE FOR NOW



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INVISIBLE DUMBBELL DUMBBELL CRUNCH

- Lay on your back with your knees bent, holding the invisible dumbbell on your chest.
- Slowly curl your head and shoulders up, and then lower back down to the starting position.



Muscle Focus: Rectus Abdominis

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US Games

MOVEMENT
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INVISIBLE DUMBBELL DUMBBELL LUNGES

- Stand tall, holding the invisible dumbbells down at your sides.
- Step with your right foot until your right thigh is parallel to the floor (left leg stays in place).
- Push back up into the starting position.
- Repeat with your left leg.



Hamstrings, Quadriceps

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INVISIBLE DUMBBELL DUMBBELL PLANK ROWS

- Start in plank position.
- Shift your weight to your left arm, and then pull an invisible dumbbell up to your shoulder with your right arm.
- Lower back to plank position. Repeat with the other side.
- Count 1 rep every time you complete a row with your left arm.



Muscle Focus: Pectoralis, Biceps

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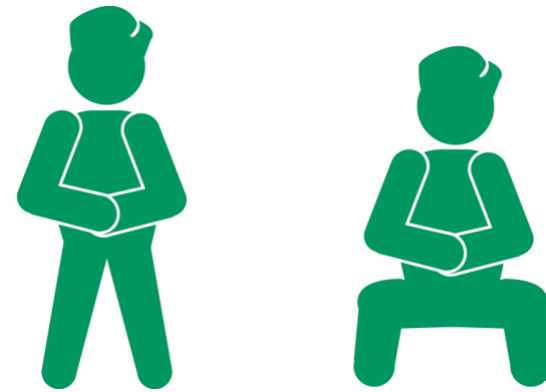
US Games

MOVEMENT
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INVISIBLE DUMBBELL DUMBBELL SQUATS

- Stand tall, feet wider than shoulder-width, holding the invisible dumbbell with both hands at the center of your chest.
- Squat down, keeping your knees above your toes, and then stand back up to the starting position.



Muscle Focus: Quadriceps, Gluteus Maximus

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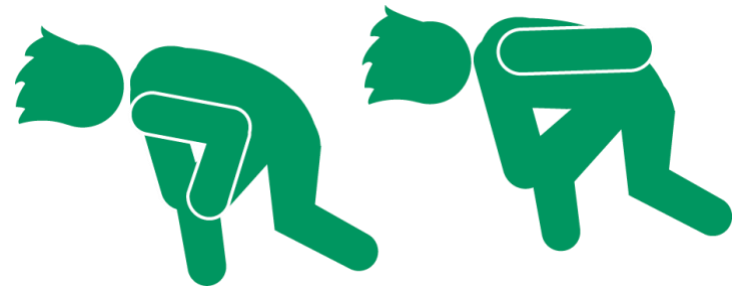
MOVEMENT
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INVISIBLE DUMBBELL DUMBBELL TRICEPS PUSH

- Feet shoulder-width apart. Bend forward. Back straight, upper body parallel to floor.
- Invisible dumbbell in your right hand. Elbow close to your body and your arm bent at a right angle.
- Keeping elbow in place, push back. Extend arm until it's straight. Slowly return to starting position.



Muscle Focus: Triceps

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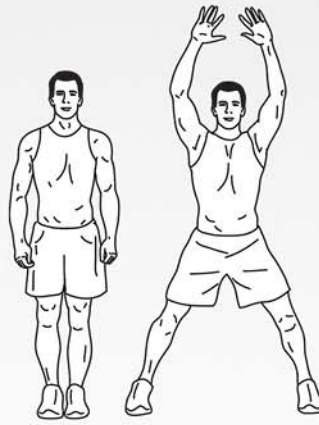
US Games

MOVEMENT
MADE FOR NOW



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good morning, world!



30-day challenge

Do jumping jacks
for 60 seconds non-stop
every morning, for 30 days

© darebee.com

1 60 seconds jumping jacks	2 60 seconds jumping jacks	3 60 seconds jumping jacks	4 60 seconds jumping jacks	5 60 seconds jumping jacks
6 60 seconds jumping jacks	7 60 seconds jumping jacks	8 60 seconds jumping jacks	9 60 seconds jumping jacks	10 60 seconds jumping jacks
11 60 seconds jumping jacks	12 60 seconds jumping jacks	13 60 seconds jumping jacks	14 60 seconds jumping jacks	15 60 seconds jumping jacks
16 60 seconds jumping jacks	17 60 seconds jumping jacks	18 60 seconds jumping jacks	19 60 seconds jumping jacks	20 60 seconds jumping jacks
21 60 seconds jumping jacks	22 60 seconds jumping jacks	23 60 seconds jumping jacks	24 60 seconds jumping jacks	25 60 seconds jumping jacks
26 60 seconds jumping jacks	27 60 seconds jumping jacks	28 60 seconds jumping jacks	29 60 seconds jumping jacks	30 60 seconds jumping jacks