

## Unit: Health @ Home

**Driving Question: What actions can I take to support my physical and mental health while isolated or practicing social distancing.**

Movement Opportunities	Design Opportunities	Improving health/ Getting active	Improving wellbeing	Sports / Recreation	Evidence to be collected and submitted either through video, image or document	
<input type="checkbox"/> Every day try to accumulate 60 minutes of physical activity and log this in the weekly logbook provided	<input type="checkbox"/> Design a body weight circuit for you to complete at home. Write or draw it up and share with your teacher.  Bonus: Complete it.	<input type="checkbox"/> Go for a 15minute slow jog and take your heart rate at the end. Record this. Consider the measures you will need to take to practice social distancing	<input type="checkbox"/> Write a response to the following question.  <b>How can remaining physical active during the coronavirus restrictions support my physical and mental health</b>	<input type="checkbox"/> For a sport of your choice, Write down all the important skills to make an athlete successful Keep a log of this in a separate workbook	<p><b>Must Complete</b></p> <input type="checkbox"/> Complete the weekly Physical activity Log for 10 weeks include all the activities from this matrix you have completed.	
<input type="checkbox"/> Go for a 40-minute walk Record number of steps or the distance if you have access to a GPS or step tracker :	<input type="checkbox"/> Create a game: Come up with a game. Give it a name Explain the rules Draw diagrams Submit on a separate document	<input type="checkbox"/> Complete between 30- 100 push ups over the course of your day. Record what you did and try to beat it at another time: Attempt 1:        2:	<input type="checkbox"/> Watch an online yoga Pilates video and copy  Or <input type="checkbox"/> Do one of the les mills workouts in the resource links	<input type="checkbox"/> Create 3 balls using socks ( or you can use tennis balls) and learn to juggle. Record your attempts using your phone		<input type="checkbox"/> Complete one of the Design Opportunities and share it with your teacher by week 10 Term 2.
<input type="checkbox"/> Complete a body weight circuit: Tick off Use one of the support resources provided	<input type="checkbox"/> Download a map of your local area and design a running or cycling track that is roughly 5 km long	<input type="checkbox"/> Complete a 15-20-minute stretching session	<input type="checkbox"/> Complete a log of your sleep for a week	<input type="checkbox"/> Watch an online yoga or dance video and copy, recording your final product		<input type="checkbox"/> Complete sleep log weekly.
<input type="checkbox"/> Complete a 2 <sup>nd</sup> body weight circuit with different activities	<input type="checkbox"/> Design an instructional video to complete a skill of your choice or if you are feeling adventurous, a 5 minute Workout	<input type="checkbox"/> Participate in an individual physical activity of choice that gets your heart rate up and makes you sweat Activities could include: Jogging Cycling Interval running	<input type="checkbox"/> Download the Smiling mind app and participate in breathing or meditation activities Or look up meditation activities online and copy	Research an obscure sport and get links to a YouTube video of it		<p><b>Optional/Extension Activity</b></p> <input type="checkbox"/> Written task from 'improving wellbeing'  <input type="checkbox"/> Task from 'sport & recreation'
<input type="checkbox"/> Complete one of the HITT or Tabata work outs		<input type="checkbox"/> Do a plank or wall sit for 2 minutes				

