

Old Orchard Jr. High School Physical Education

EXTRA CREDIT CHALLENGE

- **WHAT IS IT?**

Students can earn extra credit by performing exercises that work your heart and lungs. This exercise is called aerobic exercise. The exercise must be ***continuous and vigorous***. Your heart rate must be within your target heart range. Students should be working out 3-4 days a week for 20-30 minutes. Students must log their workouts and keep track for an 8-week period. NOTE: This workout should be in addition to your normal daily routine.

- **WHY DO IT?**

The goal of the Extra Credit Challenge is to motivate you to become more physically fit and develop greater cardiovascular capacity. Getting started may be hard, but once a fitness program is established, the increases strength and energy it provides will be obvious. You will find that exercising makes you feel good, helps you develop a positive attitude and raises self-esteem. In addition to the personal rewards, an overall quarter average of a B+ raises to an A-; a C to a C+; a B- to a B, etc.

- **TYPES OF EXERCISES TO INCLUDE IN YOUR WORKOUT**

- Aerobic exercise videotape or television broadcasts
- Basketball
- Bicycling (stationary or road)
- Cardio Kickboxing
- Dance Aerobics
- Jogging tramp
- Jog/run
- Jumping rope
- Nordic track
- Roller blading
- Rowing machine
- Run/walk
- Slide aerobics
- Soccer
- Stair master
- Step aerobics
- Swimming (laps only)
- Treadmill
- Other (must be approved by instructor)

- **PROCEDURE TO PARTICIPATE**

- Inform teacher of intent to participate
- Fill out and return Extra Credit Challenge registration form
- Begin within the first two weeks of any given quarter
- Have log check at 2 weeks and 5 weeks
- Submit final log one week before end of the quarter.

Have fun with this! Vary your workout!! Do it with a friend!!!

What is Intensity?

Exercise intensity is how hard you are working. It is a percentage of your maximum heart rate (220 minus your age: see handout in this packet). Any individual looking for results from their workouts should be exercising at 60% - 80% of their maximum heart rate. You will need to learn how to take your pulse to see if you are in the range. For children ages 11 – 14 the target heart range is approximately 124 – 166 beats per minute. To count heartbeats per minute, take your pulse for 6 seconds, and then multiply by 10 (or simply add a zero). During your workout, check your intensity a couple of times to be sure you are working within your range.

If you prefer, you can also rate your intensity (or how hard you are working) based on your feeling of fatigue or how tired you get. A scale of 0 – 10 may be used. A rating of 0 would mean you are hardly at work at all. A rating of 10 would mean all-out exhaustion. Your breathing is one of the best indications of how hard you are working. In the description that follows, references will be made to how you feel at the different levels of intensity and how your breathing changes as intensity increases.

0. This is the feeling you get at rest. There is no feeling of fatigue. Your breathing is not at all elevated. You will not experience this at all during exercise.
1. This is the feeling you get working at your desk or reading. There is no feeling of fatigue. Your breathing is not elevated.
2. This is the feeling you might get while getting dressed. There is little or no feeling of fatigue. Your breathing is not elevated. You will rarely experience this low level while exercising.
3. This is the feeling you might get while slowly walking across the room to turn on the television. There is a little feeling of fatigue. You may be slightly aware of your breathing, but it is slow and natural. You may experience this right in the beginning of an exercise session.
4. This is the feeling you might get while slowly walking outside. There is a very slight feeling of fatigue. Your breathing is slightly elevated but comfortable. You should experience this level during the initial stages of your warm-up.
5. This is the feeling you might get while walking briskly to the store. There is a slight feeling of fatigue. You are aware of your breathing and it is deeper than in level 4. You should experience this level at the end of your warm-up.
6. This is the feeling you might get when you are walking somewhere and are very late for an appointment. There is a general feeling of fatigue, but you know that you can maintain this level. Your breathing is somewhat deep and you are aware of it. You should experience this level in the transition from your warm-up to your exercise session and during the initial phase of learning how to work at level seven or eight.

7. This is the feeling you might get when you are exercising vigorously. There is a definite feeling of fatigue, but you are quite sure you can maintain this level for the rest of your exercise session. Your breathing is deep and you are definitely aware of it. You can carry on a conversation, but you would probably prefer not to. This is the baseline level of exercise that you will maintain in your exercise sessions.
8. This is the feeling you might get when you are exercising very vigorously. There is a very definite feeling of fatigue, and if you asked yourself if you could continue for the remainder of your exercise session, you think you could, but are not 100% sure. Your breathing is very deep, you can still carry on a conversation, but you don't feel like it. This becomes the feeling you should experience only after you are comfortable reaching a level seven and are ready for a more intense workout. This is the level that produces rapid results, but you must learn how to maintain it. Exercise at this level is difficult for many people.
9. This is the feeling that you would experience if you were exercising very very vigorously. You would experience a very definite feeling of fatigue and if you asked yourself if you could continue for the remainder of your exercise session, you probably could not. Your breathing is very labored and it would be very difficult to carry on a conversation. This is a feeling you may experience for short periods when trying to achieve a level 8. This is a level that many athletes train at and it is difficult for them. You should slow down when you do.
10. You should not experience a level 10. This is the feeling you would experience with all-out exercise. This level cannot be maintained for very long and there is no benefit reaching it.

Green, Bob – “Make the Connection” 1996

**OLD ORCHARD JR. HIGH SCHOOL
PHYSICAL EDUCATION**

EXTRA CREDIT CHALLENGE REGISTRATION FORM

Dear Parents,

Your child has expressed an interest in the Extra Credit Challenge for Physical Education. Your role is critical to this program's success as you are being asked to confirm the exercises logged by your child with your signature (parent or guardian signature or initials is acceptable). It is important that your child feel justified earning a raised grade in class. Please fill out the following form and return to your teacher as soon as possible. You may begin any time within the first two weeks of any given quarter.

Name _____ Trimester _____

Grade _____ Gym Period _____

Teacher _____

I intend to exercise aerobically for 8 weeks, 3-4 times per week, 20-30 minutes each time. Daily, I will log the date, the type of exercise, how long I exercised, how far I went (if distance can be measured), and have a parent/guardian's signature verify my workouts. I will also have my log checked after 2 weeks and after 5 weeks. This will serve as extra credit toward my final overall quarter grade average.

Student Signature _____

Date _____

As a parent, I will confirm/monitor my child's participation in the Extra Credit Challenge by providing a daily signature to my child's log sheet.

Parent/Guardian Signature _____

Date _____

TARGET HEART RATE SHEET

Estimated Maximum Heart Rate:

Start with 220

Subtract your age - _____

Equals maximum
times heart should
beat per minute

Find Your Target Heart Range For Aerobic Exercise:

(Which is 60% – 80 % of the maximum times your heart should beat per minute. This would be the equivalent to level 6, 7 or 8 as described earlier in this packet under “What is Intensity?”)

60% maximum = _____ X .6 = _____ beats per minute
(maximum)

80% maximum = _____ X .8 = _____ beats per minute
(maximum)

Calculate in the space provide below:

My *Target Heart Range (THR)* for aerobic exercise is between _____ and _____.

If I took my pulse for a six second count and I am working within my range, I should count between _____ and _____ beats. (To calculate this divide *THR* numbers by 10.)

Name _____

Period _____

Challenge Log

SUN	MON	TUES	WED	THURS	FRI	SAT

Directions: Fill in each box with the following information.

1. list type of exercise
2. how long you exercised
3. how far you went (if measurable)
4. guesstimate your level of intensity
5. parent or guardian signature

Your log must be checked at 2 weeks and again at 5 weeks

Name _____

Period _____

Challenge Log

SUN	MON	TUES	WED	THURS	FRI	SAT

Directions: Fill in each box with the following information.

- list type of exercise
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