PE and Health Quarter 1 Week 5(1) Mod 1

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Activity 1:

|  |  |  |
| --- | --- | --- |
| ATP-CP | GLYCOLYTIC | OXIDATIVE |
| lifting weights | 400-meter sprint | Jogging |
| Walking | Lifting weights for short periods | Cycling |
| Thinking | Sports requiring quick bursts of speed, such as basketball | Swimming |
| Texting | Boxing | Rowing |
| Yoga | Dash | Badminton |

Activity 2:

Light Fitness Workout Program:

* Burst lifts with Dumb bells
  + 4 counts
  + 2 Reps
  + 2 set (2 minuted rest in between set)
* Jumps and Jacks
  + 16 counts
  + 3 reps (30 seconds rest in between)
  + 3 sets
* Planking
  + 65 second counts
  + 2 rep (a minute rest after each rep)
  + 1 set
* Endurance Lift with Dumb bell
  + 2 minutes
  + 3 rep
  + 1 set
* Squatting
  + 30 counts
  + 2 reps
  + 2 sets

REFLECTIVE LEARNING SHEET

1. During this pandemic, how will you apply these energy systems with your day to day activities?

During my workout or daily routine, now I will know the difference on what energy system are being used. Also, the various energy system shows what other activities I can incorporate in my lifestyle.

1. How does one’s fitness play a significant role in the challenges of daily living?

Having a routine or workout in your schedule shows discipline. It also benefits for your health as having better stamina and fitness helps you with everyday physical task.

Burst lifts with Dumb bells

4 counts

2 Reps

2 set (2 minuted rest in between set)

Jumps and Jacks

16 counts

3 reps (30 seconds rest in between)

3 sets

Planking

65 second counts

2 rep (a minute rest after each rep)

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Endurance Lift with Dumb bell

2 minutes

3 rep

1 set

Squatting

30 counts

2 reps

2 sets