**Health Instructional Packet Form 6th-9th grade days 11-16**

**Directions:** This week we will focus on muscular endurance. We will continue to focus on our diets as well. Muscular endurance is the **ability of a muscle to sustain repeated contractions against resistance for an extended period of time.** Please select at least **3** of the following muscular endurance activities **per day** for snow packet days 11-16: **30 sit ups, 10 push-ups, 15 walking lunges, five 30 second planks, run in place for 2 minutes, 3 30 second leg lifts, 3 sets of 30 jumping jacks.** Answer the following questions on a separate sheet of paper or submit through live grades for **each day** missed.

Describe how the muscular endurance activities positively impacted your physical health. In other words, did it make your muscles tired? Which muscles did it make tired?

Write down 1 meal that you ate today. Write down the calories of each food. You can find the number of calories by look at the side of the food box.

On average you should drink around 8 cups of water. How many cups of water did you drink today?