



AT-HOME PHYSICAL EDUCATION

Weekly Plan for Students and Families

ACTIVE HOME PHYSICAL EDUCATION: GRADES 3-5 SOCIAL DISTANCING (Shadow Sports)

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

5 Day Rotation Week 1	DAY 1 October 5	DAY 2 October 6	DAY 3 October 7	DAY 4 October 8	DAY 5 October 9
My Learning Goals	I will cooperate with my family member and follow the rules of Shadow Sports.	I will have a positive social interaction by using kind and helpful words during Shadow Sports.	I will give my family member encouragement during Shadow Sports using supportive words and phrases.	I will demonstrate teamwork by following the non-verbal cues of my family members as we play Shadow Sports.	I will discuss the etiquette of shadow sports with my family members. <i>What behaviors help build a fun and positive learning environment?</i>
Today's Vocabulary	COOPERATION The process of working together for a common goal or outcome.	SOCIAL INTERACTION The way that people relate and respond to each other when in pairs or groups.	ENCOURAGEMENT Support, confidence, or hope offered by someone or some event.	TEAMWORK The combined action and effort of a group of people working toward a goal or purpose.	ETIQUETTE The set of customary or acceptable behaviors among members of a group or in a specific setting.
Warm-Up Activity	I Like to Move It (GoNoodle)	Pump It Up (GoNoodle)	Dynamite (GoNoodle)	Blast Off (GoNoodle)	Student/Teacher Fall Break
Learning Focus Activity	Activity 1: Shadow Sports Perform the following station: Soccer	Activity 2: Shadow Sports Perform the following station: Volleyball	Activity 3: Shadow Sports Perform the following station: Tennis	Activity 4: Shadow Sports Perform the following station: Baseball	
Daily Movement Activity	Run 3 Laps around your house inside or outside	GoNoodle Workout #1	Dance for 10 Minutes	YouTube Cardio Workout	
Refocus	Live In The Moment (GoNoodle)	Chin Up (GoNoodle)	Live In The Moment (GoNoodle)	Chin Up (GoNoodle)	
Did I log my total activity time?	YES or NO?	YES or NO?	YES or NO?	YES or NO?	
How am I feeling today?	😊 😄 😞	😊 😄 😞	😊 😄 😞	😊 😄 😞	😊 😄 😞



ACTIVE HOME PHYSICAL EDUCATION: GRADES 3-5 WONDERFUL WALKS & WASHING
















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

5 Day Rotation	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Week 2	October 12	October 13	October 14	October 15	October 16
My Learning Goals	I will keep my family safe and healthy by washing my hands for 20 seconds or more.	I will demonstrate good behavior by finishing all activity stations.	I will help my family have good health by taking a family member through my walking trail.	I will express enjoyment during and after my trail walk.	I will talk about my feelings with a family member during a final trail walk.
Today's Vocabulary	SAFE Protected from harm or danger.	BEHAVIOR The way that you act, especially toward others.	GOOD HEALTH The state of being free from illness or injury.	ENJOYMENT The state of happiness caused by a thing or event.	FEELINGS An emotional state or reaction. Examples are happy, sad, angry.
Warm-Up Activity	Student/Teacher Fall Break	Be Nice (GoNoodle)	Wishy Washy Washer (GoNoodle)	Be Nice (GoNoodle)	I Got A Feeling (GoNoodle)
Learning Focus Activity		Activity 2: Walking Trail 2 Walk through your trail & finish all stations.	Activity 3: Walking Trail 3 Walk and talk with a family member.	Activity 4: Walking Trail 4 Walk through your trail & finish all stations.	Activity 5: Walking Trail 5 Walk and talk with a family member.
Daily Movement Activity		Run in place for 3 minutes	YouTube Cardio Workout	Do as many shoulder touch push-ups as you can in 2 minutes	Take a 5 minute walk around your house
Refocus		Chin Up (GoNoodle)	Live In The Moment (GoNoodle)	Weather the Storm (GoNoodle)	Melting (GoNoodle)
Did I log my total activity time?		YES or NO?	YES or NO?	YES or NO?	YES or NO?
How am I feeling today?					
20 Seconds or More	Every trail walk finishes at a handwashing station. While you wash your hands, play the song 20 Seconds or More, by Hip Hop Public Health. (Apple Music, Spotify, YouTube, HHPH.org)				



ACTIVE HOME PHYSICAL EDUCATION: GRADES 3-5 FIELD DAY PREPARATION (Week 1)

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

5 Day Rotation	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Week 3	October 19	October 20	October 21	October 22	October 23
My Learning Goals	I will practice field day events with a genuine interest and a desire for excellence.	I will follow the rules of each field day activity and demonstrate the joy of participation.	I will use positive language with myself and others that helps me work toward improvement.	I will keep working toward improvement and will not get discouraged.	I will be friendly, generous and kind with my family and friends.
Today's Vocabulary	ACTIVELY ENGAGE To participate in an activity while showing genuine interest and a desire for excellence.	SPIRIT OF THE GAME Respect, following rules, and the joy of play are valued over competition.	GROWTH MINDSET A belief that abilities can be developed through dedication and hard work; raw talent is just a starting point.	GRIT The combination of passion and perseverance, which allows you to keep developing skill and working toward achievement.	KINDNESS The quality of being friendly, generous, and considerate to others.
Warm-Up Activity	Mr. Grumpy (Darebee.com)	Cardio Fix (Darebee.com)	Mr. Grumpy (Darebee.com)	Cardio Fix (Darebee.com)	Mr. Grumpy (Darebee.com)
Learning Focus Activity	Activity 1: Field Day Pack 1 Practice at least 3 of the field day events. Record scores on the Practice Plan	Activity 2: Field Day Pack 1 Practice at least 3 of the field day events. Record scores on the Practice Plan	Activity 3: Field Day Pack 2 Practice at least 3 of the field day events. Record scores on the Practice Plan	Activity 3: Field Day Pack 2 Practice at least 3 of the field day events. Record scores on the Practice Plan	Activity 5: Field Day Complete Packet Practice at least 5 of the field day events. Have FUN!
Daily Movement Activity	March 20 steps 5 times	Space Jam Dance	Tiptoe walk around your house and back	GoNoodle Workout	Toss a sock or paper ball with a partner (5 mins)
Refocus	Go with the Flow (GoNoodle)	Shake It Off (GoNoodle)	Go with the Flow (GoNoodle)	Shake It Off (GoNoodle)	Go with the Flow (GoNoodle)
Did I log my total activity time?	YES or NO?	YES or NO?	YES or NO?	YES or NO?	YES or NO?
How am I feeling today?	  	  	  	  	  



ACTIVE HOME PHYSICAL EDUCATION: GRADES 3-5 FIELD DAY PREPARATION (Week 2)

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

5 Day Rotation	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Week 4	October 26	October 27	October 28	October 29	October 30
My Learning Goals	I will practice field day events with a genuine interest and a desire for excellence.	I will use positive language with myself and others that helps me work toward improvement.	I will practice in an effort to improve my field day event performances.	I will choose words and actions that help to create a positive environment in my home.	I will follow the spirit of the game throughout National Field Day.
Today's Vocabulary	ACTIVELY ENGAGE To participate in an activity while showing genuine interest and a desire for excellence.	GROWTH MINDSET A belief that abilities can be developed through dedication and hard work; raw talent is just a starting point.	IMPROVE To achieve a higher standard or quality; to make or become better.	POSITIVE ENVIRONMENT An environment in which people respect, encourage, and support one another at all times.	SPIRIT OF THE GAME Respect, following rules, and the joy of play are valued over competition.
Warm-Up Activity	Healer Warm-Up (Darebee.com)	Cardio Fix (Darebee.com)	Mr. Grumpy (Darebee.com)	Healer Warm-Up (Darebee.com)	YOUR CHOICE (Darebee.com)
Learning Focus Activity	Activity 1: Field Day Pack 1 Practice at least 3 of the field day events. Record scores on the Practice Plan	Activity 2: Field Day Pack 2 Practice at least 3 of the field day events. Record scores on the Practice Plan	Activity 3: Field Day Pack 3 Practice at least 3 of the field day events. Record scores on the Practice Plan	Activity 4: Field Day Complete Packet Choose and practice the events you want to do on Field Day.	Activity 5: IT'S FIELD DAY!!! Get the Score Card <i>Enjoy Field Day Games with your family.</i>
Daily Movement Activity	Dance to your favorite music for 10 minutes	Do jumping jacks for 5 minutes	Play catch with a family member	Do as many burpees as you can in 3 minutes	Ghostbuster Moves
Refocus	Live In The Moment (GoNoodle)	Chin Up (GoNoodle)	Live In The Moment (GoNoodle)	Chin Up (GoNoodle)	Live In The Moment (GoNoodle)
Did I log my total activity time?	YES or NO?	YES or NO?	YES or NO?	YES or NO?	YES or NO?
How am I feeling today?					