

ACTIVE HOME PHYSICAL EDUCATION: MIDDLE SCHOOL 20 Second Or More (Tabata & Handwashing)

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

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
My Learning Goals	I will wash my hands for 20 seconds or more in an effort to keep my family safe.	I will demonstrate behaviors that are considerate to others.	I will participate in physical activities that help promote good health.	I will express enjoyment and other positive feelings while being physically active.	I will encourage others to be active and express positive feelings during physical activities.
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 scared.
Warm-Up Activity	Clean Slate (Darebee)	Clean Sweep (Darebee)	Washboard Abs (Darebee)	Clean Slate (Darebee)	Your Choice
Learning Focus Activity	Activity 1: At the Sink Tabata + In Your Room Tabata	Activity 2: Wash with Words + At the Sink Tabata	Activity 4: At the Sink Tabata + In Your Room Tabata	Activity 5: Wash with Words + At the Sink Tabata	Activity 5: Wash with Words Performance + Create Your Own Tabata
Daily Movement Activity	Breathe Easy (Darebee)	Breathe Easy (Darebee)	Breathe Easy (Darebee)	Breathe Easy (Darebee)	Breathe Easy (Darebee)
Refocus	Choose a Guided Meditation	Choose a Guided Meditation	Choose a Guided Meditation	Choose a Guided Meditation	Choose a Guided Meditation
Did You Complete the Fitness Log?	Yes or No	Yes or No	Yes or No	Yes or No	Yes or No
How am I feeling today?	😊 😬 😞	😊 😬 😞	😊 😬 😞	😊 😬 😞	😊 😬 😞





AT-HOME PHYSICAL EDUCATION
Weekly Plan for Students and Families



[20 Seconds or More](#), was created by Hip Hop Public health to empower youth and families with the right information, tools and resources to help them mitigate the spread of COVID-19.