



AT-HOME PHYSICAL EDUCATION

Weekly Plan for Students and Families

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.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
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	Wishy Washy Washer (GoNoodle)	Be Nice (GoNoodle)	Wishy Washy Washer (GoNoodle)	Be Nice (GoNoodle)	I Got A Feeling (GoNoodle)
Learning Focus Activity	Activity 1: Walking Trail 1 Use packet to create a walking trail with a family member.	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	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar
Refocus	Melting (GoNoodle)	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?	YES or NO?
How am I feeling today?					

[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.





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**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](#))



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