
















ACTIVE HOME PHYSICAL EDUCATION: GRADES 3-5 LOOK FOR THE GOOD WALK & TALK
 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 walk & talk with a genuine interest and a desire to improve my self and others.	I will choose words and actions that communicate kindness toward others.	I will walk for 150 minutes each week for the health benefits of wellness walking.	I will express gratitude through my words and actions.	I will name and talk about my feelings.
Today's Vocabulary	ACTIVELY ENGAGE To participate in an activity while showing genuine interest and a desire for excellence.	KINDNESS The quality of being friendly, generous, and considerate.	HEALTH BENEFITS Improvement to a person's overall wellbeing resulting from a physical activity or food choice.	GRATITUDE The quality of being thankful and being ready to show appreciation for and to return kindness.	FEELINGS An emotional state or reaction.
Warm-Up Activity	Believer (GoNoodle)	The Penguin Song (GoNoodle)	Believer (GoNoodle)	The Penguin Song (GoNoodle)	Your Choice (GoNoodle)
Learning Focus Activity	Activity 1: Look for the Good Level 1 Walk & Talk Day 1 Look for the Good Walk & Talk Pages	Activity 2: You Matter Walk & Talk Day 2 Look for the Good Walk & Talk Pages	Activity 3: Look for the Good Level 2 Walk & Talk Day 3 Look for the Good Walk & Talk Pages	Activity 4: What Makes You Grateful? Walk & Talk Day 4 Look for the Good Walk & Talk Pages	Activity 5: Look for the Good Level 3 Walk & Talk Day 5 Look for the Good Walk & Talk Pages
Daily Movement Activity	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar
Refocus	Be Grateful (GoNoodle)	Grow Gratitude (GoNoodle)	Be Grateful (GoNoodle)	Grow Gratitude (GoNoodle)	Be Grateful (GoNoodle)
Did I log my total activity time?	YES or NO?	YES or NO?	YES or NO?	YES or NO?	YES or NO?



AT-HOME PHYSICAL EDUCATION
Weekly Plan for Students and Families

How am I feeling today?	  	  	  	  	  
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