
















ACTIVE HOME PHYSICAL EDUCATION: MIDDLE SCHOOL FIELD DAY PREPARATION (Week 1)
 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 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	Explorer Darebee	Explorer Darebee	Explorer Darebee	Explorer Darebee	Explorer Darebee
Refocus	Choose a Guided Meditation	Choose a Guided Meditation	Choose a Guided Meditation	Choose a Guided Meditation	Choose a Guided Meditation
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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