

















**ACTIVE HOME PHYSICAL EDUCATION: JUMPING AND LANDING FOR GRADES 3 THROUGH 5**

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

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>My Learning Goals</b>	I will live an active lifestyle while staying home from school.	I will develop endurance by performing today's learning focus activity.	I will develop my personal fitness by getting 60 minutes of physical activity.	I will find my heart rate and check to see if it beats faster while I am physically active.	I will create a simple jump rope routine and share it with a friend or family member.
<b>Today's Vocabulary</b>	<b>Active Lifestyle</b> A way of life that makes physical activity an everyday routine.	<b>Endurance</b> My ability or strength to continue a task our exercise without stopping. Stamina.	<b>Routine</b> A sequence of steps that can be followed.	<b>Heart Rate</b> The speed that my heart is beating, measured in beats per minute.	<b>Fitness</b> My body's ability to meet the physical, intellectual and emotional demands for everyday living.
<b>Warm-Up Activity</b>	<a href="#">Get Up</a> (GoNoodle)	<a href="#">Turn Up The Bass</a> (GoNoodle)	<a href="#">Get Up</a> (GoNoodle)	<a href="#">Turn Up the Bass</a> (GoNoodle)	You choose your favorite warm-up!
<b>Learning Focus Activity</b>	<b>Activity 1:</b> <a href="#">Jump Rope Progression</a> – Practice your basic jump rope skills. <b>Activity 2:</b> <a href="#">Creative Mode Jump Rope</a> Do as many jump tricks as you can.	<b>Activity 1:</b> <a href="#">Jumping Tabata Challenge</a>  <b>Activity 2:</b> <a href="#">Ninja Warrior Jump Challenges</a>	<b>Activity 1:</b> <a href="#">Creative Mode Jump Rope</a> Do as many jump tricks as you can. <b>Activity 2:</b> <a href="#">Create a jump rope routine</a> with 3 different tricks.	<b>Activity 1:</b> <a href="#">Jumping Tabata Challenge</a>  <b>Activity 2:</b> <a href="#">Ninja Warrior Jump Challenges</a>	<b>Today's your day!</b> Practice the jump rope routine that you created on Day 3 and then perform it for a friend or family member.
<b>Daily Movement Activity</b>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>	<a href="#">DEAM Calendar</a>
<b>Mindfulness</b>	<a href="#">Strengthen Focus</a> (GoNoodle)	<a href="#">Relieve Anxiety</a> (GoNoodle)	<a href="#">Strengthen Focus</a> (GoNoodle)	<a href="#">Relieve Anxiety</a> (GoNoodle)	<a href="#">Strengthen Focus</a> (GoNoodle)
<b>Did I log my total activity time?</b>	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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