

ACTIVE HOME PHYSICAL EDUCATION: SKILL RELATED FITNESS

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 can show agility when moving my body and equipment safely across the room.	I can show power and control while passing in personal space.	I show reaction time when placing shoes creatively on the tower.	I can show speed and agility while completing my dinner dice challenge.	I can demonstrate my skills learned throughout the week.
Today's Vocabulary	AGILITY The ability to change body directions quickly and efficiently.	COORDINATION The ability to use different body parts together smoothly and efficiently.	REACTION TIME The time taken to respond effectively to what you hear, see, or feel.	SPEED The ability to propel the body rapidly from one point to another.	PRACTICE To perform an activity regularly in order to improve or maintain skill.
Warm-Up Activity	Footloose (GoNoodle)	Fresh Prince (GoNoodle)	Jump (GoNoodle)	Kidz Bop Shuffle (GoNoodle)	You choose your favorite warm-up!
Learning Focus Activity	Activity 1: Fan Favorite The object is to use a paper plate to fan a grocery bag across the room and then back before 1 minute expires. Complete 3 times.	Activity 2: Self-Passing Challenge Can you keep a balloon, zip lock bag with air or sock ball in the air with consistent strikes?	Activity 3: Leaning Tower The object is to create a tower with 2 pairs of shoes. Each time the tower falls perform 10 Jumping Jacks. If the tower stands, do 10 push-ups.	Activity 4: My Dinner Dice Use the Dinner Dice Fitness Chart. Roll a dice to see what exercise you will complete. Start at the protein group and work to the right.	Activity 5: Choose Your Own Challenge Pick your favorite workout from the week.
Daily Movement Activity	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar	DEAM Calendar
Refocus	Melting (GoNoodle)	Weather the Storm (GoNoodle)	Melting (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?



AT-HOME PHYSICAL EDUCATION
Weekly Plan for Students and Families

How am I feeling today?	  	  	  	  	  
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