



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?
How am I feeling today?					



SELF PASSING CHALLENGE CARD

Keep the ball in the air for as long as you can.
How many successful self-passes can you make?

Junior Varsity (JV) = 10 in a Row

Varsity = 20 in a Row

Level 1	Use Below-Chest Pass Only (Stationary)
Level 2	Use Above-Chest Pass Only (Stationary)
Level 3	Use a combination of Above- & Below-Chest Passes (Stationary)
Level 4	Alternate Left/Right Below-Chest Passes Only (Stationary)
Level 5	Use Below-Chest Passes (Walk Around the Cones)
Level 6	Use Below-Chest Passes (Jog Around the Cones)

MyPlate Dinner Dice Fitness Chart

	Protein	Grain	Vegetable	Fruit	Dairy
1	10 Invisible Jump Ropes	10 Ski Jumpers	10 Calf Raises	10 Ski Jumpers	10 Arm Circles Both Ways
2	10 Tuck Jumps	10 Calf Raises	10 Lunges	20 Jumping Jacks	10 Star Jumps
3	15 Jumping Jacks	10 Side Arm Circles	20 Jumping Jacks	10 Lunges	10 Calf Raises
4	10 Ski Jumpers	10 Invisible Jump Ropes	10 Squats	10 Tuck Jumps	10 Second Reach the Sky
5	10 Star Jumps	10 Marching Knees and Arms	20 Invisible Jump Ropes	10 Side Arm Circles	15 Jumping Jacks
6	5 Squat Jumps	10 Shoulder Shrugs	10 Tuck Jumps	10 Invisible Jump Ropes	5 Tuck Jumps

APRIL

DEAM Calendar Drop Everything And Move

SPRING into action

Name: _____

Teacher: _____

Purpose:

This calendar encourages families to become more physically active and to take steps toward a healthier lifestyle. Each day, students are asked to complete a different activity with a family member (or with adult supervision).

Directions:

After a student completes a day's activity, an adult should make a check mark and initial in the space provided. Each week, you are allowed to miss one day (activity). If this happens, put an "X" in the space provided for a check mark (do not initial).

✓ Done	Day	DEAM Activity
	1	Spring into Action: Find someone to do 20 jumping jacks with you.
	2	Say your math facts while doing reverse lunges.
	3	Take a walk.
	4	Did you know soda has ~39 grams of sugar? Do 39 mountain climbers.
	5	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	6	Help a neighbor or friend with some spring cleaning!
	7	Do as many trunk-lifts as you can.
	8	Spring into Action: Find 2 people. Do 30 jumping jacks together.
	9	Do push-up shoulder taps while reciting your spelling words.
	10	Take a walk.
	11	Did you know ice cream has ~13 grams of fat? Do 13 squat thrusts.
	12	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	13	Using an old container, gather soil, and plant flowers seeds.
	14	Do as many squats as you can.
	15	Spring into Action: Find 3 people. Do 40 jumping jacks together.
	16	Perform squat-jumps while naming the continents.
	17	Take a walk.
	18	Did you know donuts have ~280 calories? Jog in place for a 280 count.
	19	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	20	Get 60 minutes of MVPA. You choose how!
	21	Do as many push-ups as you can.
	22	Spring into Action: Find 4 people. Do 50 jumping jacks together.
	23	Read a book while doing a wall sit.
	24	Take a walk.
	25	Did you know hot dogs have ~530 mg of sodium? Raise the roof 530 times!
	26	Pick 5 different muscles to stretch. Hold each stretch for 20 seconds.
	27	Invent a game and try it out!
	28	Do as many curl-ups as you can.
	29	Spring into Action: Find 5 people! Do 60 jumping jacks together.
	30	Spring into Action: Find someone to do 20 jumping jacks with you.

Please Remember

- ✓ Always get adult permission before doing any activity.
- ✓ Return calendar to your teacher at the end of the month.

